Drowning in Debt? Reach Out!



NHL AWARDS
PERRY, THOMAS,
SEDIN AMONG
WINNERS (page 24)



REGRET — AND LACK THEREOF — FOLLOWING AM CENSURE VOTE

{page 3}

Thursday, June 23, 2011 www.metronews.ca



News worth sharing.



THISSE ARE NOT THE OFFICIAL RULES. NO PURCHASE NECESSARY. Contest closes Jugust 28, 2011. Look inside for 1 of 10 Winning Keys for a Finalist Prize, consisting of (1) a Finalist Trip (ARY S2,620) and (2) a yearly supply of Caromillé bus; (365) for 25 years OR cheque for \$10,880.75. Odds no less than 1 in 1, 60,9733. Finalist has no isses than a 1 in 10 donars to win up to \$25,000.0. Must be age of migniny; \$31.61-lesting question required. Full rules

Cornwallis no more for school

● Mi'kmaq historian wants students to learn full story of Halifax's founder ● 'Anything that's named after Edward Cornwallis needs to be changed': Arsenault ● Now up to school, community to decide on new name



One day after both the anniversary of Edward Cornwallis' landing in Chebucto and National Aboriginal Day, one the former Nova Scotia governor's namesakes.

The Halifax Regional School Board voted unanimously last night to change the name of Cornwallis Junior High School on Preston Street in Halifax.

Kirk Arsenault — the Mi'kmaq representative on the board — brought forward the motion to change the name of the school, saying the name was "deeply offensive to members of our Mi'kmaq communities."

"I consider this a victory for our community," Arsenault told reporters after the vote.

"What I want this to be is an exercise in healing and education. I don't want any bad feelings in this. But I do celebrate the victory for the Mi'kmaq community."

Cornwallis was the English colonel credited with the founding of Halifax in 1749. It was also in 1749 that he issued the infa-

"Let's keep him in the history books. We don't have to put him on a pedestal."

HISTORIAN DANIEL PAUL
ON EDWARD CORNWALLIS

mous "scalping proclamation," authorizing a bounty on the scalps of Mi'kmaq men, women and children.

Mi'kmaq historian and author Daniel Paul has lobbied for 25 years to remove Cornwallis' name from the school, as well as other public places including a street and a park

"I'm very delighted tonight to see this happen," Paul said. "I feel like dancing in the street, but I'm too old for that."

Paul said he hopes the HRSB decision will start a "push to (start) correcting other things that should be corrected."

Silence

 No representatives from the school spoke at last night's meeting. Also, no one argued against the motion.



Join now, get two months free.

Sign up for a 6 or 12 month membership and don't pay until September 2011.

No admin fee for pre-authorized payments.

The best view. The best you.
741 Bedford Hwy • 445-9364 • palookasgym.ca





RBC Royal Bank®



Rebates on rewards credit cards. Year after year'. **GOT IT**.

Switch to an RBC® all-inclusive banking package and enjoy rebates on the annual fee of your eligible rewards credit card every year – plus so much more.



NON-RBC ATM FEES REFUNDED²

Who wants to spend time – or money – hunting around for an ATM? Switch to RBC and enjoy using any major bank's ATM, minus the extra fees.



NO MINIMUM BALANCE REQUIREMENTS

The only person who should decide how much your balance will be... is you. With RBC, do what you want with every dollar. It's your money after all.



COMPANION RBC HIGH INTEREST ESAVINGS® ACCOUNT

Reach your savings goals faster with high interest earned on every dollar and no monthly fee with the RBC High Interest eSavings® account³.

Banking is more than just transactions. Get more of what you want – and more of what you need – with an RBC all-inclusive banking package. And get up to \$300 in gift cards.

\$300 in gift cards[†]

SWITCH TODAY! rbc.com/onefee 1-866-660-0340

Switch to an RBC all-inclusive banking package and get up to 37,500 RBC Rewards® points¹

RBC VIP Banking 15,000 points

RBC® Visa Infinite¹ Avion® Card + 15,000 points

RBC High Interest eSavings® account + 2,500 points

CustomSwitch® + 5,000 points

CustomSwitch® + 5,000 RBC Rewards points

Advice you can bank on™

To get \$300 worth of gift cards/certificates, you will need a total of 36,000 RBC Rewards® points. You will receive 15,000 RBC Rewards points when you open an RBC VIP Banking® account by August 31, 2011 and fulfill all the other qualifying criteria as indicated in the full terms and conditions awailable at www.rbc.com/termsandconditions by September 30, 2011. You will receive an additional 5,000 RBC Rewards points if you use our CustomSwitch® service to close your Canadian dollar personal banking account with another Canadian financial institution by August 31, 2011 and transfer the balance of such account to your new RBC VIP Banking account by September 30, 2011. You will receive 2,500 points when you open an RBC High Interest* eSavings account by August 31, 2011. Plus, if you apply for an RBC Visa Infinite* Avion® card by August 31, 2011 and get approved, you will receive an additional 15,000 welcome bonus RBC Rewards points. Upon enrolment, 15,000 bonus RBC Rewards points will appear on your first credit card statement. Existing RBC Visa Infinite Avion, British Airways* Visa Platinum, Cathay Pacific* Visa Platinum, Visa Platinum Avion, RBC Visa Infinite Avion card as of the offer eligibility period, are not eligible for this offer. This offer may not be combined or used in conjunction with any other offer. Minimum redemption of 3,000 RBC Rewards points for most \$25 gift cards/certificates. Some exceptions apply. Point redemption values, please visit www.rbcrewards.com or call 1-800-769-2512. The amount of the annual fee rebate depends on which banking package and credit card you hold. As a sole or joint owner of an RBC Signature No Limit Banking account, you will receive a \$35 rebate towards the annual fee of one eligible credit card, every year, as long as you remain an RBC VIP Banking account. Other conditions and restrictions apply. As a sole or joint owner of an RBC VIP Banking account, you will benefit from an annual fee rebate on one eligible premium credit card, every year, as long as you remain an RB

Council split over censure vote

• It may be a challenge for council to now work together: Hum People didn't want mayor censured: Streatch



A day after a rushed vote on censuring the mayor, one councillor says she's left with regrets.

The motion suspending Mayor Peter Kelly from office for a week as punishment for his role in the concert scandal was supposed to be debated next



"The people voted to put the mayor in place and in my mind it's the people who will cast judgment in the end."

COUN. STEVE STREATCH

week, but Coun. Steve Streatch asked to suspend the rules and deal with the matter on Tuesday.

Three councillors left their seats in protest and council voted 17-3 not to censure Mayor Peter Kelly.

Coun. Debbie Hum admits she shed tears in her frustration Tuesday night.

She said she voted against the motion because of the manner in which it was brought forward, and a lack of legal knowledge on the implications and au-

"In hindsight, I wish I had gone with my gut feeling and voted in support of the motion," she said yesterday.

"I feel the mayor has made a huge travesty and mistakes, and there should be consequences for it."

Coun. Sue Uteck, Deputy Mayor Jim Smith and Coun. Darren Fisher voted in favour of suspending the mayor.

Uteck claimed the vote was orchestrated, but Streatch said it wasn't.



council) felt that last night was the time to deal with this once and for all," Streatch said.

"Nobody puts pressure on me. I speak for myself and I suggest anyone who that is misguided."

Streatch said Kelly has apologized and he's done enough.

"I don't think it's appropriate to say after one incident of indiscretion that public service.

Streatch said it's council's job to move on.

'We're not there as members of a social club, we're there to get the job done.'





Hollywood fitness craze

To scan 2D barcodes in Metro, download the free ScanLife app at

On the web at metronews.ca

Canada's Bollvwood devotees explain to the rest us what we're missing out on. Video at metronews.ca.



More council reaction

"I just felt (Tuesday) night I did not have enough information to support that without fully understanding what the mechanism and the consequences were of doing that."

Coun. Jennifer Watts

"(Peter Kelly's) got no colour left in him, he's not eating.... He's suffering physically and mentally. And I think that the only way that people are, if they want to get rid of him, then (the election is) October 2012."

Coun. Jerry Blumenthal



"Apparently I have some deep-down absolute need to see some form of punishment for wrongdoing.... I felt that, although it was potentially symbolic, and maybe only equivalent to a slap on the wrist, I just felt like something, some type of message has to be sent."

"In my opinion, the mayor did the wrong thing for the right reason. And there was no malicious intent. and there was nothing, in my opinion, that would warrant any type of (censure)."

Coun. Stephen Adams



264 Hwy #2 - Enfield 902 883 2266

Only 15 minutes from the city!



SATURDAY JUNE 25 & SUNDAY JUNE 26

Anything you can get in your Bucket will be 20% off

Bring in your bucket or buy one of ours and \$2.00 from each bucket sold will be donated to Breast Cancer Action **Nova Scotia. The first 50 customers on Saturday** will receive their bucket FREE (\$6.69 value)



Gunshot fired through Work begins on Amherst wind floor misses woman

Two guns, ammunition seized last night from apartment where shot came from, police say Four people in total could face charges





Halifax Regional Police say a shooting at an apartment complex in Dartmouth yesterday afternoon may have been accidental.

Police were called to 44 Primrose St. just after 1 p.m. after receiving a complaint of someone firing a gunshot up into an apartment through the floor.

Police say a female resident was inside the apartment at the time but wasn't injured.

"We are examining the possibility that this may have been an accidental discharge; however, it's too early in the investigation to say anything definite," said Halifax Regional Police spokesman Const. Brian Palmeter.

After arriving on scene, a woman and female youth were arrested and taken into police custody.

Last night, Sgt. Greg Robertson said the two had been released but were expected to be re-

"We have no evidence to suggest that somebody was specifically targeted, but it shows the danger that simply being in possession of a firearm can have to a community." CONST. BRIAN PALMETER,

POLICE SPOKESMAN

arrested.

Police were also looking for two adult males also allegedly inside the apartment where the shot came from.

"One shot went through the floor and into the apartment, and then into the ceiling," Palmeter said. "There are indications there might have been multiple shots fired but a forensic identification unit was on scene and attempting to determine how many shots were fired.

Palmeter didn't know where the female resident was when the gunshot entered her apartment.

Police seize bear spray, machete, air rifle

An 18-year-old Dartmouth teen and two Halifax vouths are facing numerous charges after police say they seized bear spray, a machete and an air rifle Tuesday night.

Halifax Regional Police were responding to a complaint of a male in posses-

Numerous charges

The three youths face numerous charges, including possession of a weapon for a dangerous purpose and six counts of stolen goods.

sion of bear spray around Bayers Road and Micmac

The three males were arrested without incident. Police say they also

seized three kit bags containing items reported stolen earlier in the week from vehicles on Cole Drive and Navara Crescent in Cole Harbour, Candy Mountain Road Mineville and Cole Road in Meaghers Grant.

power project

A new \$61-million wind proposed Amherst could be producing the energy to power 10,000 homes as early as later this year.

The project, which is expected to employ up to 50 people directly and indirectly over nine months, will include 15 turbines with a capacity of 31.5 megawatts.

"This project has been 12 years in the making and gone through many different interactions. Today, however, we are announcing the start of construction and, hopefully, we'll be online either in later 2011 or at the very latest early in 2012," Sprott Power president Jeff Jenner said.



Premier Darrell Dexter said this project is just the latest example of the Amherst area leading the way in green technology, adding the wind project will build on the work being done by LED Roadway Lighting.

AMHERST DAILY NEWS

HIGHWAY 103 CRASH

Cleanup could take a few days

The Environment Department says the cleanup of fuel at the site of a fatal crash involving a car and a tanker truck could last into the weekend.

The tanker caught fire and spilled some of its load after Tuesday's collision on Highway 103 that killed the driver of the car, 33year-old Ronna Goreham of Clyde River. The 58-year-old truck driver was treated at the scene

for minor injuries. RCMP said the tractor-trailer was carrying 32,000 litres of gasoline and 9,000 litres of diesel fuel.

Karen White, an Environment Department spokeswoman, said it appeared the spill had been contained, although a visual inspec-tion had confirmed the appearance of some fuel on the surface of a wetland 90 metres from the accident scene.

THE CANADIAN PRESS

Two men face drug charges

Two men are facing drug charges after a large amount of what police believe to be marijuana and hashish was seized during a traffic stop in

Dartmouth last night. Halifax Regional Police say a vehicle was pulled over on Pleasant Street at New Castle Street at 5 p.m.

A 26-year-old Halifax man and a 39-year-old man from Windsor were arrested and charged with two counts each of drug trafficking.

Households told: Fill form

One-third of Nova Scotian households have extra census homework to do.

Finance Minister Graham Steele urged all residents who receive the National Household Survey in addition to the regular census form to fill it out.

"The information collected in the National Household Survey provides a portrait of our province and helps government plan and deliver vital services like education, roads and housing,' Steele said in a statement.



"Robert helped open the door to our new start in Canada."

The *Scotiabank StartRight** Program', specially designed for newcomers, makes settling in Canada easier. Let one of our knowledgeable *Scotia** advisors show you how.

Start Right Here. Find your nearest Scotiabank branch or visit scotiabank.com/startright



BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

Top court set to hear case involving police officer

The case of a Halifax Regional Police officer is moving up to Nova Scotia Supreme Court.

Const. Sam Saade, who is suspended from the police force, is charged with breach of trust, threats and intimidation of a justice participant stemming from a June 2010 incident. He was arrested along with a civilian in November, but Saade was released. He was arrested again and charged in April.

Police said they received a complaint from a man who was allegedly threatened over his involvement in an incident where a man was arrested for drinking and driving.

Saade appeared in court yesterday where the case was moved to Supreme Court. A date of June 27 was scheduled to set dates for a preliminary hearing.

METRO

Defence, Crown discuss deal



Cow Bay woman out on bail Greene walked into court accompanied by several family members



Amanda Greene, the 19year-old woman facing a first-degree murder charge in the death of Dillon Blair Jewett, made a quick court appearance in Windsor yesterday.

A deal is currently being hammered out between her lawyer and the Crown. Yesterday a resolution conference was scheduled for July 28 in Halifax.

If a resolution isn't

If a resolution isn't reached next month, Greene will be back in a Windsor courtroom on Aug. 10 to set trial dates.

Defence lawyer Brian Smith said there are several options to look at when dealing with a first-degree

Sentences

 Defence and Crown attorneys will brief the judge on the ranges of appropriate sentences during the resolution conference next month.

murder charge, such as reducing the charge to second degree or manslaughter.

"It gives the Crown and us the opportunity to discuss in front of a judge perhaps a different way the matter might be resolved. If those discussions are successful then the matter will be concluding," he said.

Smith added the case was switched to Halifax for the court's convenience.

Greene's co-accused,

brothers Steven and Kyle Gowen, recently pleaded guilty. Steven, 21, was originally charged with first-degree murder and being an accessory after the fact. The murder charge was dropped and he was sentenced to three years in prison for the accessory charge.

Kyle, 23, pleaded guilty to second-degree murder and received a life sentence with no possibility of parole for 15 years. James Patterson, 21, of Eastern Passage, was also charged with being an accessory to murder after the fact.

The body of Jewett, an 18-year-old from Dartmouth, was discovered by ATV riders near an East Uniacke quarry on Oct. 3, 2010

"FibreOP blows everything else away. There's nothing like it anywhere."





FibreOP is coming.

Imagine the impossible. Now do it. Introducing upload speeds as fast as downloads and our new ultimate TV experience. The best just got better.

Visit bellaliant.net/fibreop to preregister and get your neighbourhood notification updates.

DAYCASH 4 DAYS ONLY! JUNE 22-25

ON ALL NEW 2011/2012 IN-STOCK VEHICLES



FINANCING AVAILABLE ON



ALL VEHICLES INCLUDE:







2011 KIA RONDO

CASH PURCHASE PRICE FROM

NOW GET \$5,000 IN CASH SAVINGS

Includes \$750 Loyalty Bonus* and \$4,250 Cash Credit*





WE'VE GOT YOU COVERED

700,000 km worry-free comprehensive war 700,000 km powertrain warranty 700,000 km extra care roadside assistance uctible charge



2011 KIA FORTE

FROM

bi-weekly for 60 months amortized over 84 months. \$4,974 remaining balance. Includes delivery and destination, and PPSA.

DOWN PAYMENT







Visit kia.ca to learn more. Making informed decisions that's how we can all drive change.

Follow us on





TOP SAFETY PICK 2011 MOTORING



2011 KIA SPORTAGE

OWN IT FROM

LOAN

bi-weekly for 60 months amortized over 84 months. \$7,061 remaining balance, Includes delivery and destination, and PPSA.

> ' HWY: 6.9L/100KM (41 MPG) HWY: 6.9L/100KM (41 H) CITY: 10.0L/100KM (28 MPG)

KIA MEMBER REWARDS

Earn points towards future discounts It's FREE and it's incredibly rewarding.





Offer(s) available on all new 2011 models through participating dealers to qualified customers who take delivery by June 30, 2011. Dealers may sell for less. Some conditions apply. Offers are subject to change without notice. See dealer for complete details. Vehicle images shown may include opt and a sealable or all native. A proceed and sealable or a large or sequence by an all reads a position of the sealable or a large or sequence by an all reads a position of the sealable or a large or sequence beard or death. Sealable or a large or sequence beard or death. Sealable or a large or sequence beard or death. Sealable or a large or sequence beard or death. Sealable or a large or sequence beard or death. Sealable or a large or sequence beard or death. Sealable or sequence beard or death. Sealable or sequence death or death. Sealable or sequence death or sequence death. Or sealable or sequence death. Or sealable or sequence death. Or sealable or sequence death. Or sequence death. Or sealable or sequence death. Or seque support discremental pulsar beautiful processes and pulsar data from the pulsar beautiful processes and pulsar data from the pulsar beautiful processes and of Mothers Against Drunk Driving (MADD Canada), KIA is a trademark of Kia Motors Corpora









Decades-old sectarian strife flares up yet again in Belfast

VANCOUVER CONTEST

Trapped at an airport, like Hanks

Imagine being unable to leave an airport for two and a half months.

In honour of its 80th birthday this summer, Vancouver International Airport is looking for a person to be trapped at the facility — à la Tom Hanks in Steven

Spielberg's The Terminal — for 80 days and nights.

The winner of the Live@YVR contest will act as a storyteller, going behind the scenes at the airport and sleeping at an airport hotel.

He or she will post videos and blog about the experience on an YVR channel that can be viewed by the public.

The live-in is set to begin Aug. 17, with an honorarium awarded upon completion.

SAHARA GIANNONE/FOR METRO

Horse and buggy tryst

An Amish man sent text messages and lewd images to a 12-year-old girl he randomly dialed, police in Connorsville, Ind., said.

He was arrested when he arrived in his horse and buggy for what he thought was a meeting for sex. THE ASSOCIATED PRESS

Blinded by husband

Shocked friends of a UBC student whose husband is accused of gouging out her eyes when she returned home to Bangladesh for a visit are raising funds to help her.

Rumana Monzur is now blind, the university said.

Click — you're convicted



• Online shaming campaign sparks threats to alleged Vancouver rioters

An online public-shaming campaign has emerged in the wake of Vancouver's Stanley Cup riot.

People photographed and videotaped amid the chaos have had their lives upended — lost jobs, physical threats, online ridicule.

The looting and arson spanned several hours a week ago after the Canucks lost to the Boston Bruins.

Websites and Facebook groups have sprung up to help identify the perpetrators, using photos and videos from onlookers.

But some alleged rioters are complaining about threats, even going into hiding.

"The scale of the response has been far

Photos & videos

How useful will eyewitness photos be?

- Vancouver criminal lawyer Eric Gottardi says prosecutors will need to use the photos along with other evidence to prove cases.
- Defence lawyers and prosecutors will argue over what a photo actually shows. For example, is the person in the photo stuffing a rag into a gas tank or pulling it out?

greater than any in the past," said Josh Greenberg, a specialist in social media at Ottawa's Carleton University.

THE CANADIAN PRESS

Frances, 81, to meet royalty ... 72 years later

An Alberta senior who missed her opportunity to meet royalty 72 years ago is getting a second chance.

Frances Miller — now 81 — will get to meet Prince William and his wife, Catherine, when they visit Calgary next month.

In 1939, Miller was dressed in her finest and had a bouquet that she was supposed to present to Queen Elizabeth, who later became known as the Queen Mother, when she and King George stopped in her Alberta community. But Miller was left

"It seems like a dream."

FRANCES MILLER

heartbroken.

Because of some communication glitch, the train carrying the royal couple didn't stop as scheduled and just blew

through the station.

The king waved back to the platform as the train went by.

Miller says she never thought she would get another chance to meet royalty and she still can't believe her luck.

Miller's local newspa-

per, the Medicine Hat News, spearheaded a campaign to include Miller in the royal itinerary at the last minute.

The newspaper says on its website Miller was contacted by the Prime Minister's Office to arrange the details.

"After hearing Mrs. Miller's touching story, we're pleased to be able to say that Mrs. Miller will have a role in the visit of the royal couple," said Andrew MacDougall, press secretary for the Prime Minister's Office.

THE CANADIAN PRESS

Canada's hottest smartphones. Now from ^{\$0}.

Switch to Canada's best network today.



Samsung Galaxy S[™] Vibrant[™] smartphone

3-ur. term No term \$49995

SAVE \$499.95 with a \$50 voice and data plan



HTC Incredible S™ 4G smartphone

\$499⁹⁵

3-yr. term | No term

SAVE \$499.95 with a \$50 voice and data plan



MOTOROLA ATRIX™ 4G 🖷

3-yr. term No term \$24⁹⁵³ \$599°5

SAVE \$575 with a \$50 voice and data plan



BlackBerry® Torch™ 9800 smartphone

3-ur. term \$24⁹⁵³

No term \$599°5

SAVE \$575 with a \$50 voice and data plan

BONUS: Activation fee credit (\$35 value)

Visit a Bell Aliant store or authorized dealer 1888 4-MOBILE (662453) • bell.ca



Also available at these retailers







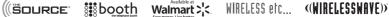












Offer ends June 30, 2011. Available with compatible devices within network coverage areas available from Bell Mobility. Paper bill Charge (\$2/mo.) applies unless you register for e-bill and cancel your paper bill. Other monthly fees, e.g., 911 (New Brunswick: \$0.53, Nova Scotia: \$0.43, P.E.I.: \$0.50, Quebec: \$0.40) apply. A one-time device activation fee (\$55) applies with no tarm, 1 or 2-yr, terms. Upon a sarly termination, price adjustments apply, see your Service Appearement for details: 30 days advance notice of termination required where not prohibited by law. Subject to change without notice; not combinable with offers. Taxes extra. Subject to change without notice; not combinable with the first paper and the factors and the extra part of the factor with the comparison of national networks. Is claimed evidence and the extra part of the factor with a min. value of \$50/mo. Q1/Vith compatible devices. Based on comparison of national networks. Is claimed evidence and the extra part of the manufactors and the extra part of the manufactors and the extra part of the manufactors. Excludes the extra part of the manufactors and the extra part of the manufactors and the extra part of the manufactors. Excludes examining partners. See hell-candance scanning partners. See hell-candance on a 3-yr term on a 3-yr term part of the extra part of the device in-store before taxes. (4) With new activation on a 3-yr term on a 3-yr term part of the extra part of the extra part of the manufactors. The extra part of the extra part of the manufactors and the extra part of the extra part of

AMHERST Amherst Centre Mall ANTIGONISH Antigonish Mall BEDEORD 85 Damascus Road 85 Damascus Road Bedford Place Mall Sunnyside Mall BRIDGEWATER Bridgewater Mall DARTMOUTH 202 Brownlow Ave. Atlantic Superstore Mic Mac Mall FI MSDAIF ELMSDALE 269 Hwy. 214 FALL RIVER Fall River Plaza Fall River Plaza
GLACE BAY
People's Mall
GREENWOOD
Greenwood Mall
HALIFAX
741 Bedford Hwy.
209 Chain Lake Dr
5875 Spring Garder 5475 Spring Garden Road Halifax Shopping Centre (lower level)- Kiosk Halifax Shopping Centre (upper level) Maritime Centre Scotia Square Mall West End Mall LOWER SACKVILLE Atlantic Superstore NEW GLASGOW Highland Square Mall NEW MINAS County Fair Mall NORTH SYDNEY 131 King's St PORT HAWKESBURY Town Plaza PORTERS LAKE Porters Lake Shopping Plaza SYDNEY SYDNEY
465 George Street
516 Grand Lake Rd.
Mayflower Mall
SYDNEY RIVER
Value Check Plaza
TANTALLON
Tantallon Hubley Centre TRURO Truro Mal Truro Sobeys, 985 Prince St Fort Edward Mall YARMOUTH Yarmouth Mall

Available at the following

Available at the following Bell Aliant Authorised Dealers: DIGBY Peck Communications 9 Robinson Weir Rd LIVERPOOL MacPhersons 137 Bristol Ave NEW MINAS NEW MINAS
Video World
15 Kentucky Court
SAULNIERVILLE
Seashore Electronics
Saulnierville Mall
SHELBURNE
Video Forus Video Focus 32 King St YARMOUTH Tri-Star Electronics 88 Forest Street

'You're my woman now'

Found on a Moncton street, she tells court of her 26-day abduction

A New Brunswick woman who disappeared for 26 days last year after leaving a shopping mall says the man accused of abducting her did so at knifepoint, threatened to kill her and later told her, "You're my woman now."

The 55-year-old woman testified yesterday at the trial of Romeo Cormier that she left the Moncton mall where she worked shortly after 8 p.m. on February 26, 2010, when she bumped into the man and apologized.

She said the man — whom she identified in court as Cormier — grabbed her and she saw a knife coming at her face, so she put her hand up and was cut across three

knuckles.

"I thought I was being robbed," testified the woman, who can't be identified due to a publication ban.

She told the jury that they got to a rooming house and she was led to a basement room.

The woman told the court she was sexually assaulted almost every day she was held in the basement. She escaped when he left the house to go to a food bank.

Cormier, who is 63, has pleaded not guilty to kidnapping, forcible confinement, sexual assault, assault with a weapon, theft and uttering death threats

THE CANADIAN PRESS



Mass jailbreak fuels chaos

Chaos in Yemen deepened yesterday as nearly 60 suspected al-Qaida militants tunnelled their way out of a prison in the lawless south. Much of Yemen has been paralyzed by massive protests demanding the ouster of longtime leader Ali Abdullah Saleh. He was wounded in an attack this month and his departure for treatment in Saudi Arabia has failed to quell the unrest.

Gore blasts Obama on global warming

Former U.S. vice-president Al Gore is doing what few environmentalists and fellow Democrats have done before: criticizing President Barack Obama's record on global warming.

In a 7,000-word essay for Rolling Stone magazine that was posted online yesterday, Gore says Obama has failed to stand up for "bold action" and has made little progress on the problem since he took over from Republican president George W. Bush.

Bush infuriated environmentalists by resisting mandatory controls on the pollution blamed for climate change, despite scientific evidence that the burning of fossil fuels is responsible.

Gore does credit Obama's political appointees with making hundreds of changes that have helped move the country "forward slightly" on the climate issue, but says the president "has simply not made the case for action."

He is the second Clinton



administration official this month to express disappointment with Obama on environmental issues.

Former Interior Secretary Bruce Babbitt, in a speech in early June, said Obama had yet to take up the "mantle of land and water conservation ... in a significant way."

"Obama has never presented to the American people the magnitude of the climate crisis," Gore

"He has not defended the science against the ongoing withering and dishonest attacks. Nor has he provided a presidential venue for the scientific community ... to bring the reality of the science before the public."

THE ASSOCIATED PRESS

News in brief

Saudis pledge \$70M to Gaza

FUNDS. A UN agency aiding Palestinian refugees said yesterday Saudi Arabia is contributing \$70 million for new housing units in the Gaza Strip.

Israel has authorized construction of the 1,200 new homes and 18 badly needed schools in Gaza, in what would be one of the largest housing projects in the seaside territory in years.

UNRWA spokesperson Chris Gunness said the test of Israel's decision would be whether it allows thousands of trucks to ferry building material into Gaza's border town of Rafah, where the houses are to be built.

THE ASSOCIATED PRESS

Rain to ruin flood relief?

WATER, WATER. Flood watchers say they hope peak water levels have passed in the southeastern Saskatchewan city of

Estevan, but that doesn't mean the worst is over.

Watershed Authority spokesperson Dale Hjertaas said water levels are still very high, but the flows should start to go down soon.

Hjertaas said the question is how much more rain might fall later this week and that means the region isn't out of the woods yet.

Estevan is one of 26 communities under a state of emergency.
THE CANADIAN PRESS

10,000 flee flood threat

RACE AGAINST TIME. As many as 10,000 North Dakotans raced to leave their homes yesterday as water began spilling over levees in Minot, N.D.

The Souris River was all but certain to inundate thousands of homes and businesses during the next week.

A quarter of the city's 41,000 residents had been facing a 6 p.m. evacuation order, but emergency sirens blared at 1 p.m., warning people that the deadline had been moved up.

been moved up. THE ASSOCIATED PRESS

Big cities may be bad for brain: Research

This may come as no surprise to residents of big cities: Living there can be bad for your mental health.

Now researchers have found a possible reason why. Imaging scans show that in city dwellers, certain areas of the brain react more vigorously to stress.

Previous research has found that growing up in a big city raises the risk of schizophrenia. And there's some evidence that city dwellers are at heightened risk for mood and anxiety disorders.

The new study, done in Germany, focused on how the brain reacts to stress caused by other people.

Animal studies suggest that early exposure to stress can cause lasting effects, said Dr. Andreas Meyer-Lindenberg, director of the Central Institute of Mental Health in Mannheim, and senior author of the report.

THE ASSOCIATED PRESS



KLM to run planes on old cooking oil

EU has told airlines to cut carbon emissions by three per cent on continental flights in 2012

Dutch airline KLM plans to use recycled cooking oil as biofuel to power flights to and from France in a move aimed at cutting carbon emissions.

In September, KLM will begin more than 200 biofuelled flights between Paris and Amsterdam, the company said yesterday.

Dollar

Camiel Eurlings, KLM managing director, said the airline does not have to make changes to its aircraft engines to use the new biofuel. As well as reducing carbon emissions, the biofuel flights are intended to produce a "minimum negative impact on biodiversity and food supply."

Eurlings said he expects authorization to be granted soon for KLM's flights using the new fuel.

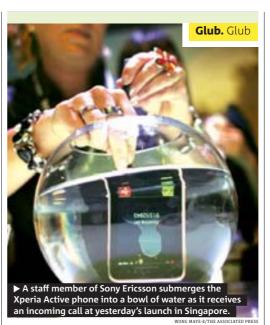
The European Union told airlines this year that they would have to cut carbon emissions on flights to the continent by three per cent in 2012.

THE ASSOCIATED PRESS



Going Dutch

- An Air France-KLM Boeing 747 using a 50 per cent biofuel-jet fuel mix completed a demo flight in the Netherlands in 2009.
- Forty people flew on the 90-minute flight, including the Dutch economic affairs



Phone makes a splash

Cellphone maker Sony Ericsson unveiled two new Android models yesterday in a bid to grab more of the burgeoning smartphone market dominated by Apple Inc., Research In Motion and Nokia Corp. London-based Sony Ericsson will launch the Xperia Ray and Xperia Active models in the third quarter.

Metro and **CBB** team up on auto website

Metro has partnered with Canadian Black Book (CBB) to help readers buy, sell and determine the value of their vehicle with a few simple clicks.

Through Metro Drive online, readers can combine Metro's auto stories with CBB's interactive tools to gain information on the trade-in value, average asking price and future value of cars and trucks manufactured since 1998.

CBB has been providing dealers, insurers and banks with vehicle values for more than 50 years. The company released some of its services to the public last year with the launch of canadianblackbook.com.

The site has received more than three million hits since its launch in May 2010. For more, metronews.ca/drive.

РНОЕВЕ НО



APR up to 36 months* on our most popular models



2011 Golf

2011 Jetta

2011 Tiguan \$500 no-charge Volkswagen Original Accessories**



TDI Clean Diesel available 2011 Golf and 2011 Jetta



Insurance Institute for Highway Safety Top Safety Pick 2011 Jetta / 2011 Tiguan / 2011 Golf 5-door

Das Auto.

Up to \$750 rebate for recent graduates[†]

US models shown. Some options and accessories may vary or may not be available in Canada. It imited time finance offer available through Volkswagen Finance, on approved credit, MSRP of \$15,875/\$20,475/\$27.875 for a new 2011 Letta 2.01 / 2011 Golf 3-door 2.51 / 2011 Tiguan 2.01 base model with Os moders shown. Some opnors and accessories may vary or may not not advantage in canada. Limited immensione are various expensions, and a special properties of the special properties. The properties of the special properties of the special properties of the special properties. The properties of the special properties of the special properties of the special properties. The properties of the special properties of the special properties of the special properties of the special properties. The properties of the special properties. The special properties of the

SAVE UP \$100

That's smart

HURRY, SALE ENDS JUNE 30





HTC Desire™ HD with HTC Sense™

\$99.99

3 year term



Motorola DEFY™

\$79.99



LG Shine Plus™ with Google™

\$29.99

3 year term



Nexus S™

\$149.99



Samsung Galaxy S Fascinate™ 4G

\$99.99

3 year term

Pair it up with the worry-free Voice & Data Flex 55+ Plan

- 1 GB of flexible data*
- Unlimited text, picture and video messaging**
- Unlimited nationwide talk with your 10 favourite numbers* PLUS get unlimited local early Nights (6pm) and Weekends

Available on Atlantic Canada's biggest** 4G network.

Check out this offer and more amazing deals at telusmobility.com/sale





the future is friendly.

For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

▶ FUTURE SHOP



Walmart > !<

BLACK§

TELUS STORES & AUTHORIZED DEALERS NOVA SCOTIA

Amherst Amherst Centre Mall Antigonish 2834 Hwv. 104 Bedford Bedford Place Mall

Digby

305 Conway Pl. Greenwood Greenwood Mall Halifax

New Glasgow 263 Jury St. New Minas County Fair Mall Port Hawkesbury Port Hawkesbury

Shopping Centre Sackville 799 Sackville Dr Sydney Mavflower Mall 337 Welton St. Truro Truro Mall Yarmouth Yarmouth Mall

NEWFOUNDLAND LABRADOR Carbonear Trinity Conception Square Clarenville Random Square Mall Corner Brook Corner Brook Plaza Valley Mall Gander Gander Mall Grand Falls-Windson Exploits Valley Mall Marystown Peninsula Mall

St. John's/Mount Pearl

336 Freshwater Rd. 55 Kelsev Dr

Place Bathurst Mall Campbellton Sugarloaf Mall Edmundston Place L'Assomption Fredericton Regent Mall

1211 Prospect St.

Bridgeview Plaza

Tracadie-Sheila

Charlottetown

Charlottetown Mall 393 University Ave. County Fair Mall

3379 rue Principale PRINCE EDWARD ISLAND

Grand Falls Shopping Centre

Wheeler Park Power Centre Champlain Place Lounsbury Plaza Rothesay 82 Marr Rd Saint John McAllister Place

Grand Falls

Miramichi

Moncton

The Village Shopping Centre

NEW BRUNSWICK

Avalon Mall

Bathurst

Bayers Lake Power Centre Halifax Shopping Centre Park Lane Mall Scotia Square 6100 Young St.

936 Bedford Hwy. Bridgewater Bridgewater Mall Dartmouth Dartmouth Crossing Mic Mac Mall Burnside, 202 Brownlow Ave

DUST BUNNIES MAKE GOOD PETS, THOUGH

HF SAYS ...

IOHN MAZEROLLE METRO

My parents are visiting soon, which is exciting because it means I have to clean my apartment.

That's an unprecedented opportunity. Like an athlete

playing for a championship, this livealone bachelor will stand with a wash bucket filled to the brim with determination and think, "Chances like this come but once in a lifetime."

You might assume that if I wanted my apartment to be clean I could fix it up any

time I want, but it's not that simple.

First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and — bam! — my apartment is messy.

It's not a big place, my apartment, but it has ninja skills and sneaks up on me.

An example: Just months ago, I had a typical bachelor fridge — one bottle of ketchup and a box of baking soda. But now, inexplicably, it's packed. Not with edible food,

"First of all, my apartment gets messy without my knowledge. I'm not sure how it happens, but I'll leave the odd book lying around, a stray load of laundry, a whole roast chicken and bam! — my apartment

is messy."

but with homemade Accidental Soup, newly created dried fruit, and products stamped with expiry dates that evoke nostalgia. I don't know which came first, but the chicken died of old age before these eggs were eaten.

My second problem is that I'm a guy.

I don't know how many times women have warned me that their apartment is an "absolute mess." Then we step inside and there's an open magazine and half a glass of red wine. If I lav my eyes on either, they run over to remove it as if I had iust discovered a human head.

Guys go through the absolute mess spiel, too, but

we mean it. A glass and a magazine would not qualify. More likely we would consider that suitably sterile for a kidney transplant.

A bit messy might involve ketchup stains on the wall and chomped cigar bits on the floor. An absolute mess would involve livestock.

But here's the thing: I want my apartment to be clean. I often do clean, but it always seems to be at the surface level — the top third of the dirty clothes get washed over and over, while the bottom two-thirds are left only with unfulfilled dreams.

With my parents arriving soon, I finally have the driving force I need to see what lies at the bottom of the hamper. Unless my parents read this and decide to stay somewhere nicer, such as a gas station bathroom.

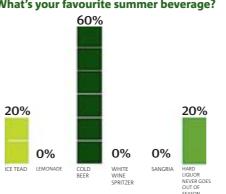
Don't show them this, please. I'm not ready to come clean just yet.

Read more of John Mazerolle's columns at metronews.ca/hesays



Register at metrolifepanel.ca and take the quick poll

What's your favourite summer beverage?



Local tweets



@thomsonmason: Ashamed to say now I

worked on Peter Kelly's first mayoral campaign. He seemed like a man of vision then. What happened?

- @myweeview: Summer is here! road Construction has started in #Halifax:)
- @CocaColin: hahaha, @HalifaxNoonGun is my new favourite twitter account that I will never follow. #Halifax
- @vivejewelry: I was just confirmed as a vendor for the Saturday Seafront

market in Halifax! Drop by my table at Pier 20 if you visit this week.

- ► @MiniMOMist: Dear Sun: It's been so nice seeing you the last 2 mornings. But you don't have to go hide just because it's 10 am! Don't be shy! #Hali-
- @UWHalifax: Last night we welcomed 3 new Board members — Chris Power, Robert Loppie. Shakara Russell, Thank you for believing in our community! #halifax
- @kmacfadgen: is in my favourite place ever; aka downtown halifax <3

Worth mentioning

LONDON. A handgun once owned by gangster Al Capone sold for nearly \$110,000 US yesterday at an auction in London.

The Colt .38 revolver was manufactured in 1929, the year of the St. Valentine's Day Massacre, when seven people were slain during clashes in Chicago between Capone's gang and a rival mob.

Auctioneer Christie's says the gun went for \$109,080 US to an anonymous online bid-

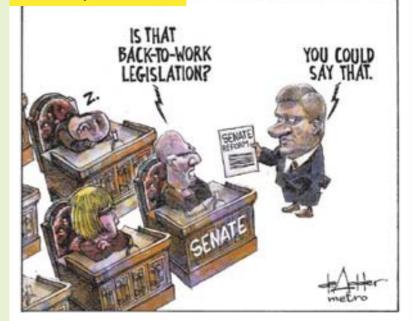
It was sold by an anonymous private collector along with a letter from Madeleine Capone Morichetti, the widow of Al Capone's brother Ralph, confirming the gun "previously belonged to and was only used by Al Capone while he was alive."

The sale price was at the upper end of the pre-sale estimate of between \$80,000 and \$113,000. It includes a buyer's premium.

New York-born mobster Alphonse (Al) Capone dominated the Chicago underworld during Prohibition until his 1931 arrest for tax evasion.

Capone died in 1947. THE ASSOCIATED PRESS

Cartoon by Michael de Adder



Little leadfoot iust wanted to see his dad

A seven-year-old boy, barefoot and in pyjamas, drove a car for 30 kilometres, sometimes hitting speeds of 80 km/h, before finally slowing down and stopping with the help of

"He was crying and just kept saying he wanted to go to his dad's," Caseville, Mich., police Chief Jamie Learman said. "That was pretty much it. He just wanted to go to his dad's."

Police began looking for the Pontiac Sunfire around 10:15 a.m. Monday after someone called about a very young driver.

The boy was staying with his mother in Huron County's Sheridan Township, a rural area 180 kilometres north of Detroit. She had worked the night shift and was unaware her son and the car were

The boy had hoped to drive to his father's home in Filion, also in northern Michigan. Police pulled him over in a 90 km/h zone in Caseville Township, some 25 kilometres to the west.

Learman told the Detroit Free Press he has seen drivers younger than 15, but not someone this young. THE ASSOCIATED PRESS

METRO HALIFAX • 3260 Barrington St., Unit 102, Halifax NS • B3K 0B5 • T: 902-444-4444 • Fax: 902-422-5610 • Advertising: 902-421-5824 • adinfohalifax@metronews.ca • halifax distribution@metronews.ca Publisher Greg Lutes, Managing Editor Philip Croucher, Sales Manager Dianne Curran, Distribution Manager April Doucette, Marketing Specialist Mike Beaton • METRO CANADA: President & Publisher Bill McDonald, Editor-in-Chief Charlotte Empey, National Deputy Editor Fernando Carneiro, Managing Editor, News and Business Amber Shortt, Scene/Life Editor Dean Lisk, Managing Editor, Night Production Matt LaForge, Associate

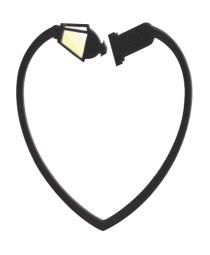


INSIDE: • Family events in the city, p 4 • The best summer patios, p 7 • Canada Day barbecue ideas, p 8-9

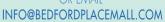
WE LOVE OUR COMMUNITY

OVER \$125,000 RAISED IN 2010

GREAT FUNDRAISING OPPORTUNITIES FOR 2011 NOW AVAILABLE!



FOR FURTHER INFORMATION CALL **835-8381 EXT. 222** OR EMAIL





WWW.BEDFORDPLACEMALL.COM

Soak up the summer

• From chill gardens to lively city streets, Halifax is lit up



The brief breaks of sunshine in the endless rain of early summer this year are marked by thousands of Haligonians bursting out of their homes to hit the lakes, parks and city streets.

With the student buzz replaced by the leisurely stroll of visitors, a more relaxed mood takes over the city.

DRESDEN ROW MARKET For Christine Murphy, of Murphy's on the Water-front, it's the busiest time of year for her family's sunny empire. They run a restaurant, the Mar II tall ship, Theodore Tugboat and the Harbour Hoppers.

"I think it's the water-front. It's such a vibrant, happening place. On a nice day you can walk down here and there's so much going on," she says. "Boat tours, restaurants, the kiosks and lots of people."

She says the curiosity brought by travellers can make Haligonians look at their city in a new light. Her favourite pastime is sailing in the harbour on the Mar II. "You wouldn't even know you're near a city, it's so peaceful," she says.

restaurant, the Mar II tall ship, Theodore Tugboat and the Harbour Hoppers.
"I think it's the waterfront. It's such a vibrant, or even the odd tortoise.

For Elizabeth Pierce, author of Grow Organic, summer means the start of planting her urban garden.

"I go by the old adage that when the lilacs and apples are in blossom, it's



safe enough to put everything in without a risk of a killing frost," she says.

"I love the Maritime summer and its precariousness: just warm enough most days for shorts, but with that ominous fog bank lurking just offshore, ready to roll in and send us running for our jackets." After a long winter and a soggy spring, she says Haligonians are ready to enjoy the fleeting good life summer offers with hobbies such as gardening.

1535 Dresden Row, Halifax, Nova Scotia | www.dresdenrowmarket.ca

Discover The Locally Owned Shops & Restaurants of Dresden Row Market





Make a Special Stop



Pete's Frootique | Cucina Moderna | TopCuts | Cora Breakfast & Lunch Premier Wine & Spirits | Koo-E Nami Royale | Sushi Nami Royale DigitalCare Computers | Top Drawer International Men's Wear The Suitor Company | 2008 New Century Trading



Reader's comments



Joseph MacDougall

"You can sit outside during the day, relax and strike up conversations with people."



Peter Lockerbie

"I enjoy Halifax the most when you notice that it's fully in bloom. Walking down the street ... the sun's actually blocked out by flowers."



Nicole Bondy

"I love the horses I've been seeing around today and this hotdog I am eating. This isn't specific to summer, but I love smelling the salt air."



Josh Robinson

"The weather is nice. There are plenty of places to go. People are friendly."

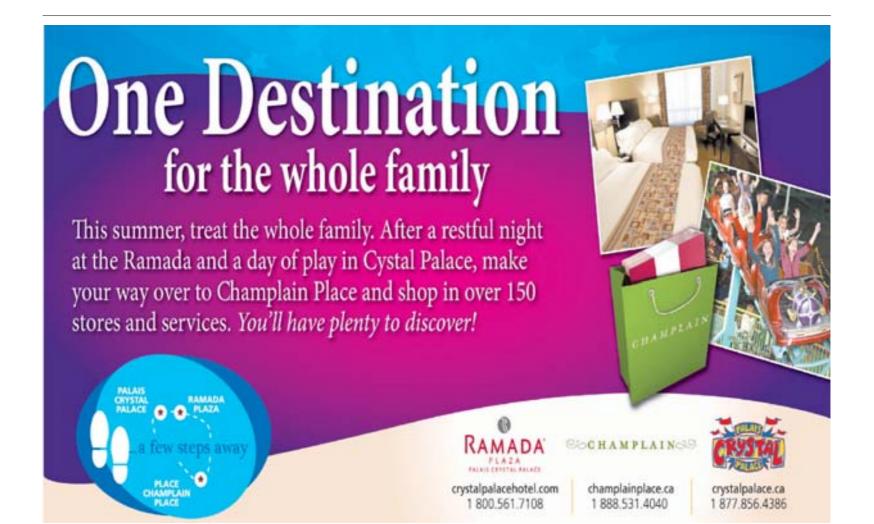


Natasha Paul

"The patios are out and people are eating outside. There's just a lot of activity."

We asked locals what makes Halifax summers so great for them. Here's what they had to say.

INTERVIEWS BY RICHARD WOODBURY/FOR METRO HALIFAX



Family fun in Halifax



With the school year ending shortly, families are going to be looking for fun and affordable things to do this summer. There is an abundance of things to do to keep the kids happy that won't burn a hole in yourpocket.

More than 500 performers will be on hand for the RBC Multicultural Festival from June 30 to July 3 at the Halifax Seaport near Pier 21. The festival is the largest of its kind in Atlantic Canada. It features

family pass is \$15, covering two adults and two children under 12.



Mi'kmag culture will come alive on the Commons from July 1 to 3 as part of Mawio'mi 2011 a clude competitive drum and dance competitions with performers from across North America and interactive demonstrations by Mi'kmaq artists.

While Canada Day will be loaded with activities. one not-to-miss event will be the free concerts at Alderney Landing. This year's performers will be Juno-nominated, Trews, Hey Ocean! and The Stanfields. At 10 p.m., there will be a fireworks show over the harbour.

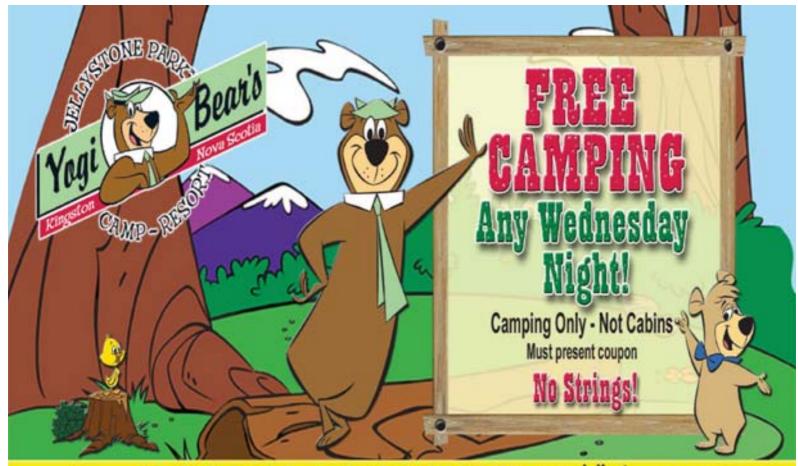
The 25th annual Halifax Jazz Festival runs from July

vendors and exhibitors. A free event which will in- 8 to 16m featuring free shows every day, except July 8. The festival also includes blues, classical and

> For film lovers, the 11th annual alFresco filmFesto will run from July 22 to Aug. 26, paying tribute to actor and comedian Bill Murray. Flims are free but donations are welcome. The filmFesto takes place on the waterfront.

A family tradition, the 25th annual Halifax International Busker Festival runs Aug. 4 to 14. Hundreds of shows will be performed on five stages.







Visit dartmouthcrossing.com for more details and full Rules & Regulations.

Vacationing at home in Halifax is a breeze

• With so many outings, you don't have far to go to get away from it all



it's easy to get away.

vast, tree-thick retreat in benches to relax at. It has the south end is hugely a café and free concerts, popular with walkers, jog- but doesn't allow cyclists gers, cyclists and dogs. or dogs and parking can Easy to access and with be hard to find. ample parking, it goes from busy on weekdays to mouth is a little off the bustling on the weekends as people enjoy the wood-

ed trails and coastline scenic

The Public Gardens on One of the draws to living Spring Garden Road is anin Halifax is that when other hot spot, with genthe sunshine breaks out, the paths winding through a variety of trees and Point Pleasant Park, the plants and plenty of

Shubie Park in Dartbeaten track, and the secluded strolls along the

Shubenacadie Canal and surrounding woods make it easy to forget you're just a short drive from downtown. There is a large parking lot on Locks Road and is popular with day trippers, including canoeists exploring the canal and connected lakes.

harbour is Hemlock Ravine, a wilderness retreat off the Bedford Highway. The main paths can be quite busy, but if you

get a hold of a map from the HRM website you can make your way to Ravine Trail, which slips through the trees to a little brook. Even at the height of summer, you'll rarely encounter anyone else except, perhaps, a deer.

To really feel a city escape without leaving the On the other side of the boundaries, head to the Cole Harbour Heritage Park on Bissett Road, featuring a series of trails and along a marsh with lots of flora and fauna.



farm for the poor and the main, including a forlorn "harmlessly insane" and a cemetery.

The area once housed a few hints of that past re-



Patio time in the city

• There are plenty of places to wine and dine outdoors this summer



It's a sure sign of summer when the patios start opening at restaurants and bars around Halifax.

Whether one is looking to enjoy an outdoor lunch, a post-work drink or an evening outside, Halifax is loaded with patios which allow people to enjoy the cool and comfortable weather, along with that ever-present ocean breeze.

The patio capital of Hali-

fax is likely Argyle Street, where most establishments feature patios. If nachos are on your mind, The Economy Shoe Shop (1663 Argyle St.) is the place to go. The Shoe Shop is renowned for its huge nacho portions and the bar has long been a melting pot where business people and artists alike gather.

For someone looking for an evening out on the town, the Argyle Bar & Grill (1575 Argyle St.) is revered for its two patios: — one street side, the other

fax is likely Argyle Street, where most establishments feature patios. If nachos are on your mind, The Economy Shoe Shop (1663 Argyle my Shoe Shop (1663 Argyle

It even boasts to have sold over a million martinis since opening in 2000.

One block up, The Maxwell's Plum (1600 Grafton St.) is a beer-lover's dream, with over 60 beers on tap, including local, national and international brews.

Close to the water, The Old Triangle (5136 Prince St) is located at the corner

of Prince Street and Bedford Row, with patios on both streets.

On Spring Garden Road, Your Father's Moustache (5686 Spring Garden Rd.) is a popular destination and its rooftop patio overlooks the busy Spring Garden Road. On Thursdays it's wing night.

On the other side of the street, Gatsby's (5675 Spring Garden Rd.) has a small street side patio that immerses customers right into the thick of the action on Spring Garden Road.





Bring on the beef



Pia Wiesen has got her Canada Day BBQ all figured out — and it's going to be a delicious day!

The restaurant owner is celebrating Canada's birthday as well as the fact she and her family became Canadian citizens this year. The family emigrated from Germany in 1994, and today she and her husband Stefan own Pia's Bakery, a restaurant/bakery in Orangeville, Ont.

For Canada Day, she'll

ahead of time — so she can enjoy the day too.

On the buffet table, there will be a platter of tomatoes sprinkled with ic/maple syrup reduction and sliced Canadian cheddar, and served with fresh baguette. There will be burgers — classic hamburgers dressed up with sliced avocado, tomato and mayonnaise; and salmon burgers served with fresh greens and mayonnaise mixed with chopped capers.

prepare much of the meal way to go on Canada Day. Make it a potluck, says Joyce Parslow, home economist at the Beef Information Centre.

Parslow suggests that diced shallots, a balsam- the host prepare the main course meats and ask guests to bring side dishes such as potato, pasta or grain salad.

"I like to do kebabs because they're quick to cook up. Steak is always a crowd pleaser (grill one large steak, then slice it up on a platter to share), and sometimes I'll do a roast on the A buffet really is the barbecue the day before

and serve it sliced with different condiments and buns," she said.

Burgers are always a great idea. Because you prepare them ahead of time, "the flavours mix nicely in the fridge and burgers hold together better on the grill," says Parslow.

For a casual meal, add new dishes to the buffet table as they arrive or come off the grill. Everyone can wander back and forth to the table — as they visit, have fun and enjoy the day.









Canadian Beef Kebabs

A maple-y marinade recipe gives these beef kebabs a Canadian accent - even more so if you use whiskey!

Ingredients:

- ¼ cup cider vinegar
- 2 cloves, garlic, minced
- 2 tbsp each maple syrup, chopped green onions and vegetable oil
- 1 tbsp orange juice or whiskey
- ½ tsp each ground cloves, salt and pepper
- 1 lb beef top sirloin grilling stead, 1-inch thick, cut into 1inch cubes
- 2 oranges, peeled and cut into large chunks

Preparation:

- Combine vinegar, garlic, maple syrup, onions, oil, orange juice, cloves, salt and pepper in large sealable freezer bag. Set aside 2 tbsp for basting.
- Trim beef cubes if necessary. Add to freezer bag; seal and refrigerate for 20 to 30 minutes. Discard marinade. Thread steak and orange chunks alternately onto metal or soaked wooden skewers.
- Grill on lightly oiled grill over medium-high heat, or broil, for 4 to 5 minutes per side or until browned but still pink inside.

All-Canadian Beef Cheeseburgers

Ingredients:

- 1 egg
- 3 tbsp dry bread crumbs
- ½ small onion, grated
- ¼ tsp each ground cloves and allspice
- ¼ tsp each dried marjoram (optional), salt and pepper
- 1 lb lean ground beef sir-
- 8 slices Canadian smoked Cheddar cheese
- 4 hamburger buns
- 4 slices back bacon

add onion, cloves, allspice, marjoram, salt and pepper. Mix in beef until just combined. Shape into four ½-inch thick patties. Make thumbprint depression in centre to prevent rounding.

- Place on greased grill over medium-high heat; close lid and cook, turning once, until thermometer reads 160 F, about 10 minutes. Top each patty with cheese to melt.
- Toast buns. Grill back bacon, until golden, about 1 minute. Assemble burgers.

Preparation:

Stir egg with bread crumbs in large bowl;



A guide to Canada's best festivals





As outdoor-food chomping, flip-flop clomping, funromping Canadians, when it comes to summer festivals we even like a little pomp.

From the wild mountain-bike athletes at the Kokanee Crankworx festival in Whistler to Collingwood's Elvis Festival to the long-running Icelandic Festival of Manitoba to Drummondville's Festival de la Poutine, there's virtually a festival for every interest.

But with so many to attend, how do you get your money's worth?

"Going to a festival is all about planning," says Gary McWilliams, a Cobourg festival guru whose website (ontariofestivalsvisited.ca) offers a listing of Ontario events and festivals, commentary and planning tips.

Billed as the Festival Nomad, McWilliams, who has visited more than 200 festivals and who helped found Cobourg's 21-year-old Waterfront Festival, offers the following pointers:

- Check the festival's website. Most have an online presence and it can tell you a lot about the event before you get there. But it can also fool you, so be aware that "some festivals really puff their event and don't deliver," says McWilliams.
- Leave pets at home. Many festivals don't allow dogs unless it's a guide dog.
- Walk backwards. If you follow the crowd, you will invariably encounter lineups and mini mobs at various attractions and displays. Walk the festival

backwards and you're sure to hit less traffic.

- Preplan your route. Plot out your route and then find an alternative one in case there's an accident or road work that jams traffic.
- Create a checklist. It should include summer essentials such as sunscreen, water, sunglasses and a camera. Don't forget your cash, as many festivals don't have access to ATMs or credit cards.
- Pack your grub. Festival food is expensive and not the healthiest so it's wise to prepare a lunch.





No more Chances



Jill Barber used to be somewhat of a hopeless romantic. Her Juno-nominated 2008 album Chances is a perfect example of that. It's a whimsical journey of the ups and downs of falling in love.

But, since the release of that album, a lot has changed for Barber. Not only has she moved across the country (from Halifax to Vancouver), she's also released another album, Mischievous Moon, and was recently married. "What's been happening to me artistically, musically, is somewhat of a reflection of what's been happening to me personally," Barber explains.

"I feel like Chances was kind of the courtship phase, and this new record is kind of about the being in love part."

Being married has had a big effect on the type of music Barber now creates. "I used to have an easier time writing sad, sorry, broken-hearted songs. But that was when I was sad, sorry and broken-hearted all the time."

Though she may not be keen on the hopeless part anymore, Barber is certainly still a romantic.

"The greatest compliment to me is when couples approach me about songs that I've written about my life and say, 'This is our song.'"

Jill Barber

- When: Monday, July 11 at 8 n.m.
- Where: The Festival Tent
 Tickets: \$25 at halifax-

jazzfestival.ca







Hot happenings



Get ready to make the most of your summer days and nights with a slew of action-packed events taking place across Halifax.

Lebanese Festival

July 7-10. The four-day festival offers the best of Lebanese culture, food and music.

TD Halifax Jazz Festival

July 8-16. From its new home on the waterfront, the festival highlights the best of jazz, hip hop and folk music.

Manulife Dragon Boat FestJuly 9. Come out to watch teams compete and raise

teams compete and raise donations for local charities.

Revolutionizing Cultural Identity: Photography and the Changing Face of Immigration

June 1-Oct. 31 at Pier 21. Exhibit sheds new light on immigration at Canada's foremost immigration museum.

Canada Day CelebrationsJuly 1. HRM gathers to party on the Halifay

ty on the Halifax waterfront.

CONTINUED ON PAGE 14



It Happens Here... all Summer Long!

- Exciting Summer Camps
- Escape the heat in our Aquatic Centre
- Incredible family fun
- Fitness Centre, Walking Track and Courts

Jump start your summer: 490-2400 www.halifax.ca/canadagamescentre



It happens here.



SF 13



Chickenburger & Coca Cola Classic Throwback to the 50's

Show n' Shine Every Tuesday Night 6:30pm to 9pm



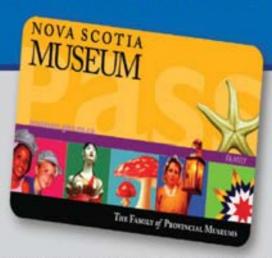
All Fountain Pop 65¢
Weekly Prizes • Fan Favourites
Gift with Classic Car Registration





Chickenburger • 1531 Bedford Highway • www.chickenburger.com

ONE PASS UNLIMITED EXPERIENCES



Purchase a Nova Scotia Museum pass for unlimited visits to 27 provincial museums for one year. Get yours at any Nova Scotia Museum or call 1-800-632-1114.

museum.gov.ns.ca







Bayers Lake's Newest Hotel & Lounge

#1 Rated Hotel

Allegro

BY CHOICE HOTELS

Staycation Package

- 2 Empire Theatre movie passes
- \$25 Gift certificate to Allegro Lounge
- 1 Night accommodation

FROM \$159



- Heated Pool HDTV
- Meeting/ Banquet Facilties
- Full Catering



HOT BREAKFAST • PARKING INTERNET • VIDEO RENTALS



TUES WED THURS
\$5* 2 for 1 1/2 Price
Appetizers Pasta Wings

15% OFF Any reg. priced food item with mention of this ad

farthatalhalifay aan

88 Chain Lake Dr • 405-4555 • comforthotelhalifax.com



Summer Patio Opening Soon

1067 BEDFORD HIGHWAY DINE IN, TAKE OUT, DELIVERY, CATERING AVAILABLE

TEL: 431-THAI (8424), www.ThaiIvoryCuisine.ca

SF 14 metr@summer fun

CONTINUED FROM PAGE 13

International Gathering of the Clans

June 24 - July 24 (all across the province). Every Nova Scotian who can claim a hint of Scottish ancestry can join in on the celebrations.

Sackville Patriot Days

June 29 -July 1. Parades and fireworks mark this party for Sackville.

Bedford Days

June 30-July 3. Parades and fireworks mark this party for Bedford.

Shakespeare by the Sea

July 1-Sept. 4. A range of plays in Point Pleasant Park by Halifax's top Shakespeare troupe.

Fall River Canal Days

June 30-July 3. Locals celebrate with a community party.

Mawio'mi 2011

July 1-July 3. The massive Mi'kmaq festival on the Halifax Common returns.

RBC Multicultural Festival

July 1-3. Great food and cool art from around the world meet in Halifax.

Quidam -Cirque du Soleil

July 20-24. Atlantic Canada's top cirque rolls out its newest show.

Weir Rockin

Summer show featuring Sass Jordan, Honeymoon Suite and others. Aug 20. Upper Sackville.

CONTINUED ON P 16



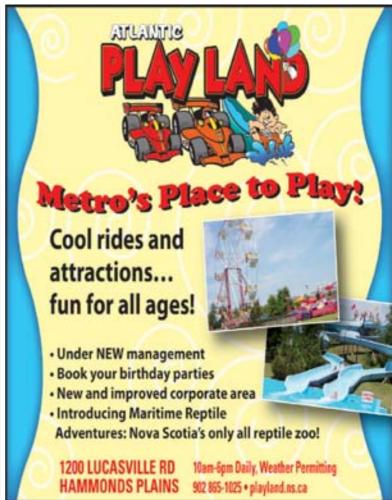


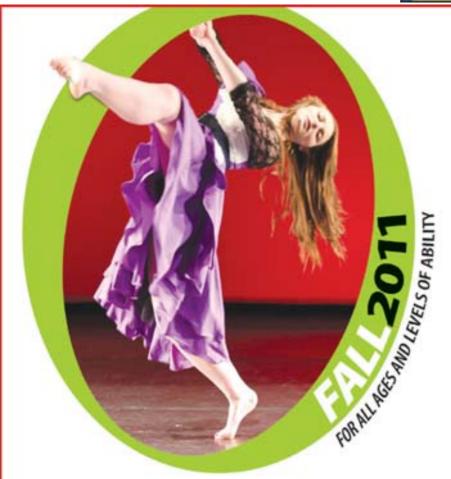


metronews.ca
THURSDAY, JUNE 23, 2011

SF 15

Feel the beats at Quidam, the latest show from Cirque du Soleil.





SOMETHING FOR EVERYONE

Ballet Break Dance Creative Movement
Jazz Salsa Pilates

Modern Belly Dance Stretch & Strength

Tap Swing Classes for Mobility Impaired
Hip Hop Flamenco Classes for Special Needs

FALL CLASSES FOR CHILDREN, TEENS & ADULTS
BEGIN SEPTEMBER 6 – REGISTER TODAY!



www.halifaxdanceassoc.ns.ca

422.2006

metr@summer fun

CONTINUED FROM P 15

Alfresco filmfesto

July 22-Aug. 26. Watch classic films outside on the Halifax waterfront.

Halifax Public Gardens Concert Series

June 19-Sept. 11. The concert series takes place at the bandstand every Sunday afternoon from 2 p.m. to 4 p.m. Please visit halifax.ca/publicgardens/index.html for the performance schedule.

Metallica at Citadel Hill

July 14. Classic anthem rockers Metallica get ready to shake up Halifax.

Halifax Seaport BeerFest

Aug. 5-6. The foremost East Coast event of its kind returns to the waterfront offering the world in your glass.

Blueberry and Bluegrass Festival

Aug. 6-27. Every Saturday in August come to the Alderney Landing Farmers Market for a free pancake breakfast and enjoy live music from 10 a.m. to noon.

Middleton United Church Annual Yard Sale &

Auction Aug. 6. Annual Yard Sale & Auction & Yard Sale from 9 a.m.-2 p.m.; Auction starts at 10:30 a.m.

The Shore Club presents Hopping Penguins

Aug 6. For its 65th straight year, The Shore Club in Hubbards delivers topnotch live dance floor entertainment that has earned its reputation as Nova Scotia's Last Great Dance Hall.

Dreamgirls

Aug. 8-20. Presented at the Alderney Landing Theatre by The Charles Taylor Theatre Association, this is the society's first large scale musical.

33rd Annual Clam Harbour Beach Sandcastle & Sculpture Competition

Aug 14. Join 20,000 people to see some of the most amazing sand creations.

Garden Party

Aug 14. concert. Presented by Walt Music followed by an elegant afternoon tea in the garden. Light classical



music. Lots of dainty sandwiches and home-made goodies with tea. Admission is \$15 per person. The event takes place from 2 to 4 p.m. Cole Harbour Heritage Farm

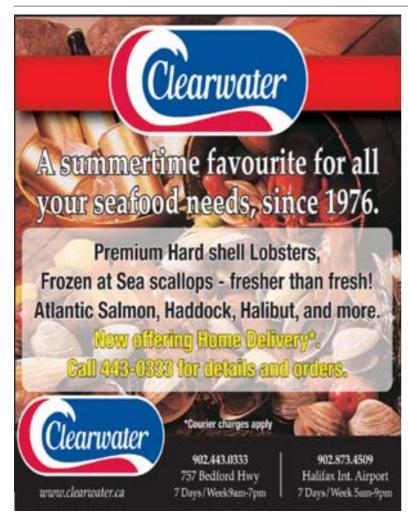
Halifax County Exhibition

Aug. 17-20. An oldfashioned fair with fun and food for everyone. Rides, animals, and good times. Exhibition Grounds

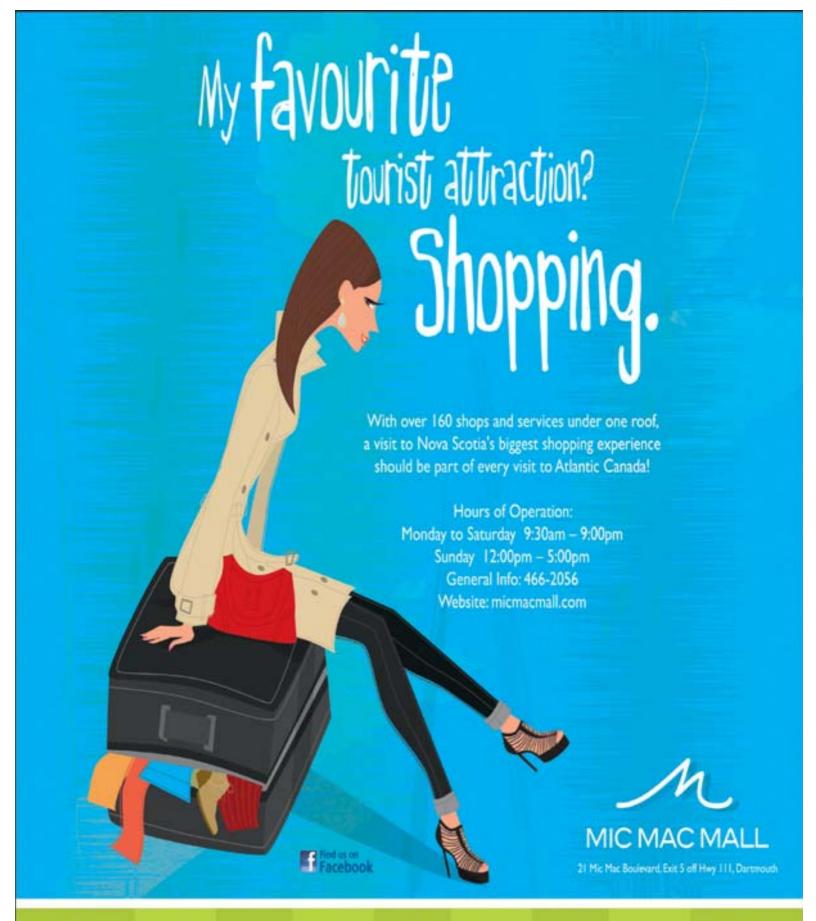
Fashion & Design Festival

Aug. 19-21. This event is all about fashion, design, music, arts, cultural food and fun. The shows feature designers and retailers, with a large focus on local talent. Happening at 1725 Barrington St

CONTINUED ON P 17







CONTINUED FROM PAGE 16

10th Annual Open House Fundraiser

Aug 28. Hope for Wildlife

Society's 10th Annual Open House Fundraiser will take place from 12 p.m. to 4 p.m. This event is set to run rain or shine.

Eastern Shore Homecoming

Aug 28. A full day of celebrating the families and culture of the Eastern

GETTY IMAGES FILE PHOTO

Shore. Heritage displays, help with researching your roots, and a great chance to meet family from near and far. The event takes place from 10 a.m. to 4 p.m. Admission is free. Memory Lane

Heritage Village-Clam Factory

Volleyball World Championships

Aug. 30-Sept. 4. Takes place at the Halifax Waterfront.

Atlantic Fringe Festival

Sept. 1-11. Theatre that goes for the edges, presses the form, takes risks, and is offbeat and fresh! Featuring new work from both emerging and established artists.



SUMMER IS HERE

Bikini & Brow Wax Combo \$25.00

Pedicure Mani/Pedi Combo \$30.00 \$48.00

6a Titus St, Fairview (off Dutch Village Rd) 444-9222 • antoinettes.ca



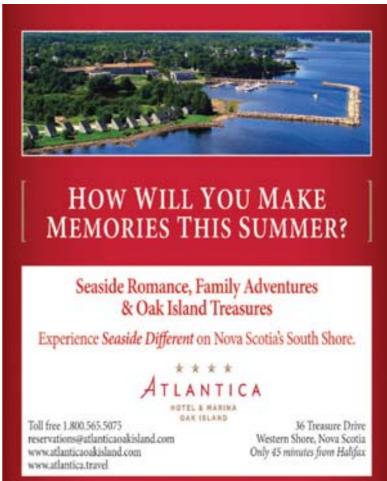


Imaginations go wild at the beach with the creation of



ON VIEW NOW

NETUKULIMK





Come help celebrate our 250th anniversary!

PARTIAL EVENT LIST:

Jul 1: Canada Day Festivities in Yarmouth and Argyle

Jul 8, 9 & 10: Multi-cultural Festival

July 9 & 10: DRUM! 2 shows @ the Mariners Centre

Jul 13-23: Seafest - Dozens of events at Seafest.ca

Jul 19: 250th Yarmouth Ghost(Walking) Tour

Jul 20-22: Quilt Expo & Sale at Acadian Museum

Jul 23: Yarmouth Metal Fest

Jul 23: Port Maitland School Reunion Potluck

Jul 24: 33rd Halifax Pipe & Drum Community Concert

Jul 28-30, Aug. 4-6, Aug11-13: The Baltimore at Th'YARC

Jul 29-31: 4-H Reunion Homecoming

Jul 30-Aug. 6: Abuptic Festival, Argyle

Aug 1: Quilt Show @ Argyle Historic Baptist Church

Aug 4-7: 'Perfect Homecoming' Weekend, tel. 742-2578

Aug 7: Annual YMCA Triathalon, Cindy at 742-7181

Aug 7: Gala 250th Garden Party Lt. Gov. Mayann Francis

Aug 8: RCMP Musical Ride, Mariners Centre

Aug 13: 250th Town-Wide Yard Sale

Aug 14: Talk & Tour of Town Point Cemetery

Aug 15: 'Le Village' Picnic, Pubnico

Aug 17-20: 14th Yarmouth Shark Scramble

Aug 18-21, Aug. 25-28: Coal Shed Music Fest - 80 acts!

Aug 22-27: Annual Tuna Tournament, Wedgeport

Aug 27: 2nd Annual Amazing House Tour by the Yarmouth Co. Museum

Sept 2-4: 250th Historical Timeline Brigade Encampment

Sept 10: 'The Birth of Anna Perry' – dinner theatre, Chebogue

Sept 17: Rappie Pie Competition, Acadian Village

Oct 27-29: Ghosts and Spirits Conference

Nov 3-6: Nova Scotia Music Week: musicnovascotia.ca/nsmw

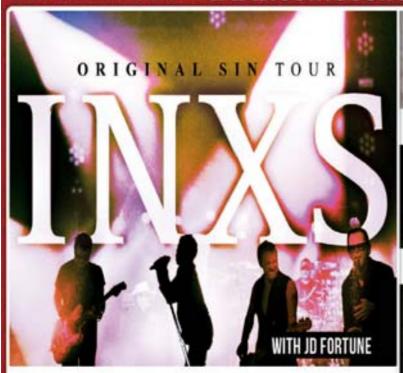
You're only 210 minutes away from the biggest birthday bash in Nova Scotia this year!

Full event list: yarmouth250.com





VISIT WWW.SONICCONCERTS.COM FOR TICKETS AND INFO!



JULY 5 CUNARD CENTRE









BRODY LINES RUTTAN

OCTOBER 22 SCHOONER

OTHER SHOWS:

COLIN HAY AUG 14 6 15 THE CARLETON

ROSANNE GASH

WITH OLD MAN LUEDECKE

JULY 6 REBECCA COHN



JULY 21 MULTI-PURPOSE CENTRE



AUGUST 3 MULTI-PURPOSE CENTRE

TOOPY and BinOo

MARSHMALLOW

MOON

SEPTEMBER 10 REBECCA COHN

THUNDER

SEPTEMBER 10 METRO CENTRE

FLOGGING MOLLY

SEPTEMBER 26 THE NEW PALACE

MATT COSTA SEPT 162 THE CARLETON

VISIT WWW.SONICCONCERTS.COM FOR TICKETS AND INFO!

metronews.ca metr

scene

From trashing United through time with a band Halifax's own indie-rock

Delending message with music, Son's of Maxwell Dave Carroll plays for first responder brotherhood after returning from a speaking engagement

BACKSTAGE PASS

JENNA CONTER



From books to ballads, Broadway screen play, the advice is always: write

what you know.

So, when Halifax's Dave Carroll watched as his \$3,500 Taylor Guitar was destroyed by baggage handlers outside his airplane window, it didn't take much to blend a few parts anger with a few parts creativity and initiate the United Breaks Guitars Trilogy (of YouTube fame).

"I had flown with that guitar 50 times and nothing happened," Carroll told me. "I no longer am told to check my guitar."

reaching 150,000,000 people on a budget of \$150 through YouTube, this musical "late bloomer" was invited by a stateside emergency re-



sponse company to provide the soundtrack for another cause: first responders.

"Since I was a volunteer fire fighter, the president of the company asked if I had ever written a song for first

responders," he said.

It didn't take long for Carroll to pen the beginnings of Everyday Heroes.

'I used the prospective of not knowing what the responders are going to see and how good the siren must sound to those waiting."

Thrilled by the outcome of the song, the emergency company offered to fund a music video.

group The Band Before Time kick off their Preliminary Hearings Tour Thursday night at Tribecca.

With new offerings from their latest album Bootscats featuring their first single Back to Sea, the boys only have a few more shows until they tour through to Toronto.

Cost is \$5 at the door, and come early to wish the boys good luck.

JENNA CONTER

You'll never walk alone with film

Red Tentacle and Montes Show Bar present the official video release of The Workhorse Walks Alone on Friday night at Montes in Dartmouth.

The video, directed by Aaron Elliot, features local metal groups Orchid's Curse, Black Moon and Death Valley Driver.

Doors open at 9 p.m. and cover is \$7. There will also be a teaser for their upcoming instrumental track It Was the Darkest Day We'd Never See.

♠ IENNA CONTER

scene



Don Draper is get-

ting job security

and a raise. Jon Hamm, who plays 1960s advertising executive Draper on AMC's Mad Men, has signed a new contract with series studio Lionsgate Television Group. Hamm's publicist, Slate PR, said Tues-day that the deal keeps him with the show for three more years. The actor will receive a substantial raise for the upcoming fifth season. By the contract's final year, he'll earn more than \$250,000 an episode, Variety.com reported, citing unidentified sources. THE ASSOCIATED PRESS



Train produces wine for fans

Grammy-winning group Train has been making waves with its wine club, and now, the trio is taking the next step with its own wine.

Starting next week, fans will be able to buy Drops of Jupiter Petite Sirah wine from Train's online wine club and other outlets. The name is a nod to one of Train's earlier hits, and is produced by the group's wine company, Save Me, San Francisco Wine Co., which takes its title from a Train album.

But Train guitarist Jimmy Stafford said the wine venture isn't an attempt to make a profit on the Train name — it's more about creating something special for fans.

"We're not really trying to get into the wine business or anything. It's really kind of helping to spread the name out there, and something for our fans," he said in a phone interview Tuesday.

Train, which won a Grammy Award this year for Hey, Soul Sister, has had an online wine club for a while. The group promotes a wine of the month, has a blog and even an app.

THE ASSOCIATED PRESS



Izzard revs up some action in Cars 2

Ocomedian Eddie Izzard is no stranger to voice acting Metro gets the goods on his busy, varied career



Eddie Izzard has quite the crowded business card these days: actor, stand-up comedian, political activist, marathon runner, avid Twitterer. And with Cars 2, he joins the ranks of Pixar voice actors as Miles Axelrod, a Range Rover-ish entrepreneur who's designed a new, environmentally-friendly fuel, Allinol.

The incredibly busy Mr. Izzard sat down with Metro just hours after arriving in L.A. from Paris, where he's doing a series of stand-up shows. In French.

With cars, you've mentioned your love of Minis and Volkswagens. Your first car was a

Yes, a blue one with the windscreen wipers that just stopped working on my way down to London. And I thought, "I'll drive on." Without windscreen wipers, in the rain.

And, if you've never tried that, you should try it. It's interesting. The light comes in and refracts. You have to punch the thing out like you're in a Schwarzenegger movie or something.

But you've never really considered yourself a big car person?

I do like cars, but I'm not a



car nut. I always thought, "Well I'm doing OK, I've got a bit of money, let's get a

stupid car, a crazy car." And I started hiring a few, nothing really grabbed me.

I kept coming back to the Beetle or a Mini. Because they're kind of cool, and they didn't separate me. I wasn't saying, "Hey, look how good I'm doing." But having said that, I'd

go for any type of Jag, or an Aston Martin DB5 or 6 - there's a five and a six, and I keep looking at them going, "What's the difference?"

In this you're playing what looks like a Range Rover, though I guess we can't say that.

Yes, we can't say that, can we? I'm playing Sir Miles Axelrod, the ... am I a millionaire or a billionaire? I can't remember.

All the positive side of Miles Axelrod has something Richard Branson-esque — or me-esque,

because I was at some point studying accounting and financial

management. And I am someone that, I suppose ... I been have taking my comedy around the world, and I've tried to do that in a very positive way.

You've definitely become something of a do-gooder in real life.

Yes, we've raised some money on marathons.



The positive attitude I like about business is like the Pixar model. You don't have to be a rape-and-pillage business. You know, you can still make a profit. You don't have to be an ogre. You just have to work a bit harder at it.

How have you found balancing all the different work you do?

It's tricky. I've got a few things to do now, whereas in my 20s I had nothing to do. I couldn't get anything going. I think if you just had a lot of films going film after film after film then you would just have to juggle those together.

Instead I have a film, and then do France in French, and then maybe run some marathons, and then do something political in an election campaign. So it's mixing things together that I want to do — but I'm not just adding things on. There is a finite number to the things I like to do. There's about four of them.





Burnside Location Only! 60 Akerley Blvd 468-3838

Baseball Footwear **Tennis And Much More!**

HOURS: THURS 12-9 FRI 9-9 SAT 9-6 SUN 11-5

Quoted

CHAUFFEURING THE MAN WHO WOULD BE KING INTO A LICENCE

"I'll tell you what. I grew up in the war in London and then just after. I didn't know anybody who had a car until, well, I must've been 15 or 16 or

In London at that time we had the Tube — the subway — and the buses. It was great and it was cheap. So, there was no reason to have a car. I became a movie star and I'd never driven and suddenly went from penniless to quite well off.

What happened to me was that the first car I ever bought was a Rolls Royce and I couldn't drive it. I said to them, 'I'll learn to drive it.' He said, 'No, vou won't. You're not going to learn to drive in a Rolls Royce.' And when I saw the premium for me, a movie actor, by the way, the insurance premium for me to learn to drive was twice the sum that I'd pay a chauffeur.

So, I had chauffeurs my whole life and I never drove a car until I went to Los Angeles. There, as you know, you have to drive a car. So, I took my driving lesson in America.

It was very funny. When I took my driving lesson it was very official. They said, 'The inspector who will judge your driving, he will only speak to you about technical things. You will not speak to him about anything

else. There will be nothing personal. Just listen to what he says and answer what he asks.' Everything had to be kept absolutely professional.

I got in the car, very nervous. I was going to take my test. I was sitting there, and he says to me, 'You're going to have to be rubbish not to pass this test because I just saw the Man Who Would

So, I was off and

running. I was a terrible driver, but I passed that test. I've had lots of cars, but I don't drive them, and especially in London. I'm not a very patient man, and the idea of parking a car and looking for a space and all of that stuff. So, I have a chauffeur. If you're famous vou're not allowed to go on public transport because it could cause a hubbub."

NED EHRBAR





From small screen to silver screen with Segel

- **○** Jason Segel tells Metro about working with Diaz, Muppets
- This actor, musician, writer isn't slowing down anytime soon



Jason Segel isn't one for summer vacation. While on break from How I Met Your Mother, the actor, writer and musician is beyond busy promoting his latest film, Bad Teacher, opposite Cameron Diaz and Justin Timberlake, and putting the finishing touches on his passion project, The Muppets. Segel found a free moment to chat with Metro about working with Diaz, not slowing down and making his own Muppet.

Bad Teacher is a great example of raunchy comedy done well. What do you think made it work?

I think one of the things that makes the movie work is that Cameron is so intrinsically likeable and is known for having such a bright personality that there's a lot of fun to be had in seeing her kind of off the rails with that char-

Was there a lot of improvisation for your scenes with her?

There was quite a bit of adlibbing. You know, Jake comes from the same school of comedy that we were kind of mentored by with Judd Apatow. I think part of our process in general is that a lot of the hard work is done in casting, and once you've done that and you've hired people you're confident know their parts even bet-

ter than you do as the writer or director, and so you trust in them to do their thing, and it usually pays off.

Between TV, film and promotional duties, how hectic is your schedule these days?

I was in Michigan a couple of hours ago filming, and then flew into New York. I'm here for about three hours, and then back home. So pretty busy. Right now I'm filming a movie called The Five-Year Engagement that I wrote with my writing partner, Nick Stoller, which is another romantic comedy under the Judd umbrella. And we've got Muppets coming out.

With the first official trailer



for The Muppets out now, you must be pretty stoked.

I couldn't be more excited. That's been a real labour of love. Nick Stoller and I started writing it almost five years ago now — four years ago. Seeing it come to fruition is really, really exciting.

I've seen cuts of it, and I think we're just inches away from some real magic. So we're very, very excited for our Thanksgiving

You've been doing some great parody trailers for it up until now.

I thought the very first parody trailer, where it seemed like a mediocre romantic comedy, was really funny. I was watching people kind of sigh in relief that Amy Adams and I hadn't made a terrible movie.

Can you tell us anything about the Muppet you creat-

Yeah, his name is Walter. He's an adorable little guy who is sort of the eyes and ears of the audience, just a giant Muppet fan, and his goal is to reunite the Muppets, remind them of what they used to be.

It was really an honour to have my own Muppet





Hi. I'm Greg from Antigonish. In Nova Scotia, we are very proud of our history and culture and have lots of ways to share with visitors. From living history museums and fortresses to festivals and events, like my favourite, the Antigonish Highland Games. Visit novascotia.com to plan your visit.

So when are you coming?

NOVA SCOTIA.COM Shaped by the Sea

Maritime Fiddle Festival, Dartmouth, July 7 to 11

Peggy's Cove Area Festival of the Arts, 7th Annual Acoustic Maritime Music Festival, Peggy's Cove, July 1 to 10

Antigonish Highland Games, Antigonish. July 3 to 10

Pictou Lobster Carnival, Pictou, July 8 to 10

Kempt Shore, July 15 to 17

Shelburne Founders' Days, Shelburne, July 21 to 24

1 800 565 0000

A Flood of changes for the Glasvegas

● Working with renowned producer Flood, Glasvegas changed half of their new album ● The move from guitarist to frontman for James Allan proves just what the band needed to hit their stride with new album



Glasvegas guitarist Rab Allan is quick to diss his cousin James, who played guitar and sang on the band's 2009 debut, but is

only listed as the singer he says. on their new album, Euphoric///Heartbreak\\\.

"I think he just wore it because it looked good,"

The Scottish rockers' sophomore effort is decidedly different from their debut, and Allan says they

owe that to more than just one less guitarist. With famed producer Flood (U2, Nine Inch Nails) in the studio with them, they achieved guitar sounds they previously thought weren't possible.

I read that you finished doing demos on your own in California, and then took them to Flood. How much changed between the original recordings and the finished results?

I guess it depends on how you look at the role of the producer. About half of the demos are what's on the album. In terms of structure, not a lot changed. The song You was completely different. It was something James did with just piano and his vocal sounded like John Lennon, so that was one of the biggest changes Flood made. But it was more like confidence and experience with sounds that he

Why is James no longer listed as a guitarist?

To be honest, I don't think it was plugged in most of the time. So the band actually sounds better with him not playing guitar.

Is he going to be upset that you're telling me this?

No, he felt quite trapped

with a guitar on his shoulder because he couldn't express himself enough, so he wanted to have a bit more freedom.

Is he doing any cartwheels or backflips on stage now with this freedom?

You know what? He keeps jumping off the stage and just falling on his ass. He's getting quite good at doing that. That's one thing that he's got a talent for. But you know, I'm actually surprised how well he's taken to being the frontman, if you want to call it that, not that I've ever doubted he could do it.

Do you feel any more responsibility now that you're the only guitarist?

I actually feel less responsibility because I had to cover up his mistakes before. He used to make me look bad.

Are you serious?

No, I'm joking. But I don't feel more responsibility. I feel as though it's my thing. When he played guitar, I wasn't the only guitarist, so I couldn't say, 'I'm the guitarist." But now I'm the guitarist, Paul [Donoghue] is the bass player, Jonna [Löfgren] is the drummer and he's the singer, so they're quite defined roles.









metr@dish metronews.ca THURSDAY, JUNE 23, 2011



Arnold and Maria: divorce coming soon

They may not have initiated divorce proceedings yet, but Arnold Schwarzenegger is reportedly already paying Maria Shriver "a significant amount of child support,' according to Radar Online. "Even though Maria is a Kennedy, and has inherited a great deal of money

from her parents' estate since their deaths, she is taking the child support," a source says. As for the divorce itself, the source says it's just a matter of time: "Maria wants to get a fair divorce settlement, and move on with her life," the source says. • metro





for my life. #grateful"





with Judae Judy! Do you think it's rude if I bring some of my parking tickets for her to "fix"?"

"A lot of behind the



"New app

idea: Everyone gets a unique set of numbers. Type those numbers in-

to the app and you can speak to each other!"

Miley's boyfriend OK by dad

Miley Cyrus is back together with boyfriend Liam Hemsworth, and her dad. be happier. "He's a great guy. He's solid. He's got great character," Billy Ray tells E! Online.

"He's just a really good guy. I really like him a lot." Last week,

Miley's brother Trace confirmed the couple was once again dating, telling Us Weekly that he and



Lindsay's got cabin fever

Lohan's finding house arrest a bit limiting Says she might return to (alcohol-free) clubbing



Harry and Pippa getting friendly?

While their siblings enjoy being newlyweds, Prince Harry and Pippa Middleton have reportedly been spending some quality time together, according to Grazia.

speak on the "They phone all the time and have met up at least five times since the wedding, once for tea at his Clarence

apartments," source says. "She thinks he's got a really cheeky sense of humour." The pair have something else in common as well, as they're both recently single. "He only recently came out of a relationship, of course. He's been trying to cheer Pippa up," the source says.





Lindsay Lohan admits that being under house arrest in her Venice Beach condo is starting to get to her. "I'm a very social person, and I like being outside,' she tells Life & Style. "I'd like to get out more - just going out and having dinner." And while Lohan insists that "alcohol is not in my house, so it's just not a part of my life," she hasn't ruled out a return to the nightclub life when her sentence is up. "I don't think you should ever say never," she says.

METRO



A boy for January **Iones?**

If her shopping interests are any indication, January Jones is expecting a boy. The pregnant actress was spotted out in L.A. picking through baby clothes all in the colour blue, according to Just Jared. Despite rumors and speculation, the Mad Men star has still kept mum on the baby's father's identity. "She's really looking forward to this new chapter in her life as a single mom," her rep said when Jones' pregnancy was announced. • metro



Style picks

ZARA

zara.com

Zara has debuted

an impressive

spring/summer lineup of

handbags, which

span everything

totes to chic leather carryalls.

METRO

from quirky, neon

Dressing within the lines

• The Middletons have thrown the fashion world a curveball with their safe and pretty personal style

▶ Will it stick? From the looks of retail, probably

KENYA HUNT STYLE@METRONEWS.CA METRO WORLD NEWS IN LONDON

It seemed like fashion's

loud and wild moment was sealed, with pop stars like Lady Gaga and Rihanna ruling the best-dressed lists and trends such as sequins and fur dominating the runways. Then a princess entered the picture.

Something happened when Kate and Pippa Middleton made their way up the steps to Westminster Abbey in April. The sisters weren't just claiming their new roles as tabloid obsessions, they were also ushering in a trend for conservative and preppy dressing not necessarily sanctioned by the runway or magazine editors or even the whims of street style.

The Middletons are the respectable foil to Gaga's outlandishness. Their skirt lengths are modest. They wear nude stockings. Their blouses are tucked in. And their shoes aren't too high.

They're the daughters of multi-millionaire parents. Yet in a strange way, their personal style — touched by nary a Rachel Zoe or Nicola Formichetti — represents that of average working girls everywhere, women who can't afford stylists or don't want the hassle of walking around in tall Jimmy Choos. This is made all the more clear by

the speed at which anything worn by the Duchess

▶ Pippa in Zara

of Cambridge sells out.

The polished looks the sisters have worn these past few months are not unlike the office-appropri-

ate dresses you might see in Ann Taylor. It's the kind of safe clothing, that would make most fashion types balk and is also the very thing that makes them a colossal hit.





Wagjag.com DEAL OF THE DAY!

54% off Tween/Teen Spa Treatment

HIGHLIGHTS

- Spa parties especially for teens and tweens
- Held one Saturday a month: July 9, August 6, October 1, November 5, others TBA
- Works best for groups bring your friends!

Regular Price: \$17.25

You Save: \$9.25

Discount:

54%

metr@food THURSDAY, JUNE 23, 2011

Give a whole new meaning to the term 'chicken night'

This dish has the flavour of lasagna with the substance of chicken It takes 20 minutes to make

The goal was a simple chicken casserole that had the rich, satisfying flavour of a lasagna.

Actually, that's a lie. The goal was a chicken roulade - a dish in which chicken breasts are pounded flat, then slathered or layered with some sort of filling, then rolled into a log and roasted or braised.

Except my roulade didco-operate. During roasting, the cheesy innards oozed out all over the baking sheet, then promptly burned. The result was an inedible, ugly mess.

Attempt No. 2 wasn't much better. I ditched the pounding and rolling in favour of cutting slits into chicken breasts, then stuffing them with a cheese and roasted red pepper filling, pinching them shut and roasting. Nice try. Sim-

Ingredients:

- 250 ml (1 cup) ricotta cheese
- 250 ml (1 cup) shredded mozzarella
- 500 ml (2 cups) prepared roasted red peppers, drained, patted dry and diced
- 1 eaa
- 7 ml (1/2 tbsp) lemon
- 1 clove garlic, minced

- 2 ml (1/2 tsp) dried oregano
- 2 ml (1/2 tsp) dried basil
- 3 ml (3/4 tsp) salt
- 1 ml (1/4 tsp) ground black pepper
- 15 ml (1 tbsp) olive oil
- 625 q (1 1/4 lb) boneless, skinless chicken breasts, cut into 2.5-cm (1-inch) chunks
- 175 ml (3/4 cup) panko breadcrumbs
- 30 ml (2 tbsp) butter, melt-

ply put, they looked like road kill. Then it occurred to me:

If the cheese wanted so badly to ooze out of the chicken, why not reverse the dish and start it that

way. And thus was born this simple chicken casserole that tastes like a

The chicken can be served over a bed of noo-

dles or rice. It also could be spooned into a sub roll.

Preparation:

- Heat oven to 200 C (400 F). Coat a 20-cm-by-28cm (8-by-11-inch) baking pan with cooking spray.
- In a medium bowl, mix together ricotta cheese, mozzarella, red peppers, egg, lemon juice, garlic,

oregano, basil, salt and

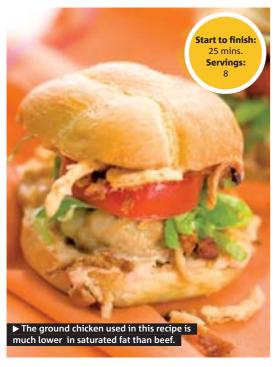
In a large skillet over medium-high, heat oil. Add all of the chicken and cook, stirring occasionally, until lightly

pepper. Set aside.

browned, 6 to 8 minutes. It does not need to cook through. Transfer chicken to prepared baking pan. Pour cheese mixture over chicken, then stir gently In a bowl, mix together panko and butter. Sprinkle panko over chicken. then bake for 20 to 25 minutes or until breadcrumbs are browned and chicken is cooked. THE ASSOCIATED PRESS



• This perfect-for-summer Southwestern Chicken Slider is a healthy, indulgent burger — bacon and all



An indulgent burger can be the perfect summer treat, but it's hard to balance that sentiment with the urge to keep your family healthy.

That doesn't mean you have to toss out the idea of a real burger in favour of a flavourless low-fat patty wedged between flaxseed and bran bun. You just need to think in moderation to create the kind of sandwich that would please even the most avid burger fans.

Start by going with the mini-burger or slider concept. They're small, fun and set the stage for the kind of portion control that will allow you to include all the indulgent ingredients that make burgers great.

Our recipe for Southwestern chicken sliders is a great example of this. We start with a ground chicken patty, which is much

lower in total fat and saturated fat than beef.

For our toppings, we choose luxurious ingredients with the kind of big flavours and textures that allow you to use small amounts with great effect. Shredded reduced-fat cheddar cheese is melted over each patty, then sprinkled with a modest amount of real bacon bits.

To build on this smokiness, and add some serious heat, we make a chipotle mayo by blending reducedfat mayo with some of the adobo sauce that comes in a can of chipotles.

And of course, we add some fresh shredded lettuce and sliced tomato, because no self-respecting super burger would be complete without them.

Preparation:

Heat gas grill to high or light a charcoal fire.

- In bowl, mix ground chicken, salt and pepper. Form into eight 1-cm (1/2-inch) thick patties. Set aside.
- In a small bowl, mix together mayonnaise and adobo sauce. Set aside.
- Using a vegetable oilsoaked paper towel held with tongs, oil grill grates. Grill chicken burgers, flipping once, until a thermometer registers 74 C (165 F) at the centre, 3 to 4 minutes per side. Top each burger with some of the cheese and bacon, then continue grilling until melted. Meanwhile, toast rolls at the edge of the grill.
- To assemble, spread some mayo mixture on the top and bottom of each roll. Place a burger on each roll bottom and

Ingredients:

- 500 g (1 lb) ground chick-
- 2 ml (1/2 tsp) salt • 3 ml (3/4 tsp) ground
- black pepper
- 50 ml (1/4 cup) reducedfat mayonnaise
- 5 to 10 ml (1 to 2 tsp) adobo sauce from canned chipotles, to taste
- 75 ml (1/3 cup) shredded
- reduced-fat cheddar cheese • 50 ml (1/4 cup) crumbled cooked bacon
- 8 mini burger buns or rolls
- 50 ml (1/4 cup) canned
- french fried onions • 125 ml (1/2 cup) shredded Boston lettuce
- 2 cocktail (golf ball-size) tomatoes, sliced

top with some of the french fried onions. shredded lettuce and a tomato slice. Top with remaining roll halves. THE ASSOCIATED PRESS

Get the Moroccan look

Daring an exotic feel to your home this summer Rich pinks, purples and turquoise colours meet mosaic and lattice-inspired shapes • This far-away style is becoming increasingly popular in modern homes

DESIGN CENTRE



KARL LOHNES номе@ METRONEWS.CA

Morocco is influenced by the many cul-

tures that surround it. Acting as a crossroads between the east and west, north and south, Moroccan decor blends styles from France, Portugal and Spain from the northwest, with strong African, Persian, and Islamic influences from the south and east.

This results in a unique











MOROCCAN LANTERNS: Colourful glass and exotic shapes add an exotic feel to any room.

MOROCCAN HEADBOARD: Frette and lattice cut-out

shapes are reminiscent of Moroccan-inspired furniture.

2 HOME DEPOT. \$119

comfort underfoot in true

3 PIER ONE \$25-\$40

Moroccan style.

TANGIER RUG: Layering inside or outdoor rugs helps give

4 CRATE AND BARREL

SYMMETRY PRINT: Artwork that looks like tiles help give a handmade exotic feel to the walls.

mosquito netting over

beds add a mysterious

touch, reminiscent of

Be in your brand new home by fall!





- · Custom home builder
- Design flexibility
- Energuide 83 Efficiency or higher Guaranteed
- 10 Year Atlantic Home Warranty
- Building lots available

Let our 17+ years of experience work for you. 927 Sackville Dr, Lower Sackville • 864 2271 www.grandviewhomesinc.com

and inspirational style

Want to create the perfect ethnic-inspired grotto or outdoor retreat? Here's a few elements to consider incorporating.

Strong Moroccan colours

Colour is the focal point of Moroccan decorating.

Use colours like turquoise blue and bright green, mixed metallics like gold and silver for nighttime glitter, and rich reds and oranges that conjure up images of African sunsets.

specific to Morocco.

Floors in Moroccan

Floors of dark hardwood are covered with plush Persian rugs, and stacked floor cushions create the

Moroccan-style furnishings

Interior spaces are busy in pattern but simple in furniture. Sofas and tables are inviting and set low to the ground.

Add colourful pillows, blankets and rugs to the ground for another level of entertaining in true Moroccan style.

interiors

perfect base for a Moroc-

can-style room.

Ceramic tile is often used for flooring and gives a cooling effect underfoot.

Plants for Moroccan decor

Placed in large, colourful pots or baskets, exotic plants such as banana trees or papyrus help to create an oasis-like feel in a Moroccan-style home.

Overhead umbrellas and canopies

Richly coloured sheer or silk swagged over seating or dining areas or

desert bazaar tents. How provocative!

Sensual Moroccan scents

Choose candles, incense, or diffusers in scents rich with spices like cinnamon, nutmeg, saffron, or any exotic spices.

They'll help turn your outdoor space into a Moroccan bazaar.

Romantic lighting

Lighting is a an important element of Moroccan decor.

- Dim lighting can be achieved by lamps and pendants made from coloured glass, cut metal and carved wood.
- Using candles in traditional lamps will add the romantic element of moving light to your decor and exotic scents.
- Simple glass votives wrapped on the outside with colourful cellophane paper will also add an inexpensive and colourful flicker to your space.





Grant pulls out of UFC fight

T.J. Grant has fallen ill and will not fight in UFC Live 4 in Pittsburgh on Sunday.

According a tweet on the official UFC Twitter feed last night, @UFC, the Cole Harbour native is sick and his bout with Charlie Brenneman has been "scrapped."

"Get well soon, T.J.," the tweet added.

Grant's withdrawal further delays his return to the ring. He hasn't fought since a loss to Ricardo Almeida on Dec. 11 in Montreal, the longest break between UFC bouts in his career.

Grant, 3-3, told Metro earlier this week he was feeling "the best I've ever been" after the "best training camp I've ever had"

Brenneman, 2-1, hails from Hollidaysburg, Pa., and would have been a hometown favourite at the Consol Energy Centre.

MATTHEW WUEST

TRACK-AND-FIELD CHAMPIONSHIPS

Nova Scotians take to the track

The Canadian track-andfield championships got underway yesterday in Calgary.

Rachael McIntosh of Bridgewater and Alicia Dobranowski of Halifax were among those who got things started for Nova Scotia, with McIntosh placing seventh in the 100-metre hurdle stage of the heptathlon and Dobranowski placing fourth in the first 800metre heat.

Later this week, Adrienne Power of Halifax will compete in the women's 400-metre event, as will Jenna Martin of Bridgetown.

Another Haligonian, Geoff Harris, will try his luck in the men's 800.

The 400- and 800-metre finals are being held Saturday afternoon, the final day of action at the refurbished Foothills Athletic Park adjacent to McMahon Stadium.

There are almost 600 competitors at the nationals. • MATTHEW WUEST

Looking to take the final step

► Already passed over in two NHL drafts, Grenier has scouts intrigued and might finally get his chance



Seven months ago, Alexandre Grenier was a complete unknown to pretty much everybody living outside Saint-Jerome, Que.

While he's not yet a household name, the gifted Halifax Mooseheads winger has turned so many heads since January there's a decent chance he will be picked in the NHL entry draft in St. Paul, Minn., on Saturday.

"I never thought something like that was going to happen at the beginning of the season," said Grenier, a 19-year-old who started the campaign with the Saint-Jerome Panthers at the Quebec junior AAA level.

"I was just at the right place at the right time."

Grenier considers it a stroke of luck that he even played a game in the QMJHL.

The father of one of his Panthers teammates tipped off Quebec Remparts assistant general manager Jean Gagnon about the six-footfive, 200-pound Grenier, who was challenging for the junior AAA scoring lead in December with 60 points in 33 games.

When the Remparts found themselves shortstaffed over the holidays, Gagnon signed Grenier as a free agent to fill in temporarily.

"I remember arriving at my first practice and looking at the guys and going, 'What the heck is going on here?'" Grenier recalled. "Every pass was on the tape. I was practising twice, three times a week (in junior AAA) and in the Q it's every day. It's a big jump."

Yet Grenier made it look easy. Less than 17 minutes into his first game with the Remparts, he had his first assist — and by the end of the night, he had a goal and two helpers.

The Remparts had no choice but to keep Grenier, and he quickly evolved into



Under the radar

Central Scouting didn't rank Alexandre Grenier for this weekend's draft. Scout Chris Bordeleau says it's a general policy not to rank 19-year-olds who already have been passed over in two drafts.

- "He's a big kid, he's a good skater for a kid that sized, and has pretty good hands," Bordeleau said. "He showed some good things. Sometimes guys come from nowhere and develop late."
- The opening round of the NHL entry draft airs live on TSN starting at 8 p.m. tomorrow. Rounds two through seven will be shown on the NHL Network starting Saturday at noon.

a point-per-game player in 46 contests at the QMJHL level.

"When I got my chance, I tried to make the most of it," said Grenier, who the Remparts traded to the Mooseheads for draft picks earlier this month. "It worked out very well."

Grenier, who played midget AA instead of the more well-travelled AAA level, has never experienced this kind of attention. Not only was he never drafted by a QMJHL team, he didn't even get an invitation to a training camp as a walk-on.

He only got his chance in junior AAA as a late ninthround pick because one of Saint-Jerome's scouts was one of his teachers at College Charles-Lemoyne — a "lucky break," according to Grenier.

He's making up for lost time now. Twelve NHL teams have interviewed him, no doubt perplexed at how a player with his towering frame and surprising scoring touch somehow slipped through the cracks.

"I don't know either,"
Grenier said. "I can't say
why, but I'm here now —
and I'm making the most of



More sports



NHL players Danny Briere, Jean-Sebastien **Giguere and Ian** Laperriere were unveiled vesterday as part of a new ownership group for the Montreal **Juniors.** The trio ioin former NHL defenceman Joel Bouchard, who will serve as president and governor for the **Quebec Major Junior Hockey** League team.



Scan code for

Injury ends Raonic's run

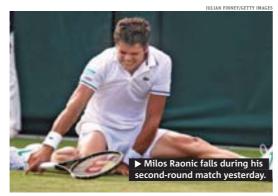
Canadian force to retire in first set after awkward fall

It was a rough day for Canada at the All England Club.

Milos Raonic retired because of injury yesterday and Rebecca Marino and Stephanie Dubois also bowed out in the second round as the last Canadian singles players were eliminated at Wimbledon.

Raonic had just broken Luxembourg's Gilles Muller for a 2-1 lead in the first set when he went down awkwardly and was forced to call it quits after just 23 minutes.

The 20-year-old from Thornhill, Ont., was moving to his left at the baseline at 15-all but lost his footing and tumbled. His legs went in different directions as he tried to move back to his right.



"I don't know anything," Raonic said of the injury. "It's too soon for a diagnosis on what it is. But it's something pretty deep in the hip.

"It's around both the inside and outside of the hip. A minor pull on the inside, but on the outside, it's (related to) the joint."

Later yesterday, Marino dropped a 7-6 (3), 6-2 decision to No. 29 seed Roberta Vinci of Italy and Dubois fell 6-3, 4-6, 6-3 to Germany's Andrea Petkovic.

Raonic, who later went for an MRI, grimaced and spent some time sitting where he fell.

He eventually limped to the sidelines where he received more treatment and had his right thigh wrapped.

"Î knew right away. I didn't think I could even lift my leg. It was a pretty sharp pain," Raonic said. "But as

More Wimbledon

Five-time Wimbledon champion Venus Williams outlasted the oldest player in the field, Kimiko Date-Krumm of Japan 6-7 (6), 6-3, 8-6 to advance to the third round yesterday.

No. 1 seed Rafael Nadal cruised into the third round past Ryan Sweeting 6-3, 6-2, 6-4.

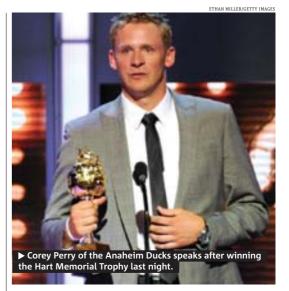
THE ASSOCIATED PRESS

time passed, with the treatment, I was able to walk a bit "

He returned to action, moving gingerly and won his service game before Muller won his.

Raonic, the 31st seed, saw the trainer again during the break and retired while leading the set 3-2.

Raonic and Muller both ended with five aces, with the Canadian hitting 14 winners. THE CANADIAN PRESS



Perry takes home Hart at NHL awards

Corey Perry barely had to speak.

The look on the face of the Anaheim Ducks forward said everything about how much it meant to be given the Hart Trophy last night. In fact, Perry even got a little choked up after accepting an award that is inscribed with names like Howe, Gretzky and Lemieux.

"(I) didn't know what to expect coming in and all of sudden you hear your name and you're like 'whoa'," said Perry. "It surprised me. I've got to give a lot of credit to my teammates and I've got a lot of family and friends here, so it's pretty special."

He beat out Vancouver's Daniel Sedin and Tampa's Martin St. Louis to claim the trophy given to a player deemed to be the most valuable to his team.

In February Perry started on an unbelievable run that saw him score 19 goals in the final 16 games of the regular season to become the only player in the league to hit the 50-goal barrier.

"I haven't sat down and looked at it, but obviously you do know who is on that list and on that trophy," said Perry.

The 26-year-old has steadily improved during his time in the NHL and was part of the Canadian

Award winners

Some of the other big winners from last nights NHL awards in Las Vegas.

Norris Trophy
 (Top defenceman)
 Nicklas Lidstrom, Detroit

 Frank J. Selke Trophy

Frank J. Selke Trophy
(Top defensive forward)
Ryan Kesler, Vancouver

Jack Adams Award (Top head coach) Dan Bylsma, Pittsburgh Vezina Trophy

(Top goaltender)
Tim Thomas, Boston

Calder Trophy
(Top rookie)

Jeff Skinner, Carolina
► Ted Lindsay Award
("Most outstanding player"
as voted by the NHLPA)
Daniel Sedin, Vancouver

team that won gold at the Vancouver Olympics last year.

However, it's still going to take some time to get used to the fact he'll now be able to visit the Hockey Hall of Fame in Toronto and see his name etched in to one of the NHL's most prestigious trophies.

"I've been there a couple times and you see all those trophies in there," said Perry. 'All of a sudden, you're holding one of them. It's pretty cool. It's kind of like a dream come true I guess." THE CANADIAN PRESS





metr@classifieds

HELP WANTED

Business Opportunities

Create a better work environment with Jan-Pro Cleaning Systems of the Maritimes. Your customers and employees will appreciate the difference. 902-481-2100 norma.silverstein@ian-pro.ca

JAN-PRO CLEANING SYSTEMS

Office Help

AUTOMOTIVE

Cars & Trucks for Sale



\$17,985 AFM Motor MART - 407-4200

Office Help

Nova Scotia Business Inc. etunity, Growth, Prosperity

Nova Scotia Business Inc. (NSBI) is Nova Scotia's private sector-led business development agency Through trade development, investment attraction, business financing and venture capital, we assist local companies and attract international companies to Nova Scotia

Job Opportunity:

Business Manager - Investment Attraction (13 Month Term - August 2011 to September 2012)

Reporting to the Managing Director of Investment Attraction, this role will provide strong project due diligence and financial analysis in support of the Managing Director of Investment Attraction and the Business Development team. The candidate will also play a lead role in the preparatio of detailed proposals, risk assessments and related reports.

As the Business Manager, you will be expected to:

- Provide project support including due diligence/assessment, financial analysis and process support to the Managing Director of Investment Attraction and the Business Development team;
- Be responsible for the final review and assessment of all project proposals prior to their submission to NSBI Senior Management;
- Evaluate, assess risk and complete due diligence for potential investments;
- Manage and track the project flow for all Investment Attraction proposals;
- Assist the Business Development team to ensure all approved project files are accurately documented;
- Effectively manage and administer the payroll rebate program ensuring that NSBI's interests in the negotiated agreement are protected; and
- Provide mentorship and supervision for the role of the IA Business Support Coordinator

The successful candidate for this position will be able to demonstrate:

- University degree in Business / Commerce and/or MBA or CMA/CGA;
- 3-5 years of experience in a consulting or financial services environment;
 High degree of business acumen;
- Strong financial & business analytical skills;
- Superior writing skills;
- Excellent organization and communication skills;
- Proven ability to deliver results under tight timelines;
- Experience in project development/management and/or investment industry would be an

To learn more about us, please visit our web site at www.nsbi.ca

Your resume and cover letter will be used to screen applicants for this role, please clearly articulate in your cover letter how your skills and attributes apply to the requirements of this position.

Closing Date: Monday June 27th @ 4:30 p.m Competition # 12-NSBI-004

Please forward your resume to the attention of: Nova Scotia Business Inc. World Trade and Convention Centre, 1800 Argyle Street, Suite 701, PO Box 2374 Halifax, Nova Scotia, B3J 3E4 or by fax (902-424-4572).

Application can also be made via E-Mail. Send your resume and cover letter merged as one word document to careers@nsbi.ca - the competition number must be included in the subject line.

We thank all applicants for their interest, however, only those selected for an interview will be contacted

Cars & Trucks for Sale

Cars & Trucks for Sale



945 Sackville Drive Lower Sackville (902) 497 4644



07' Dodge Nitro

4X4. V6. Auto 134K/Kms

\$11995.00

05' Infiniti G35X AWD, V6, 3.5L Loaded Only 107K/Kms

\$13995.00



Cars & Trucks for Sale

G5 Sedan 4cyl. 5spd, A/C Cloth 79,000kms Stock #U85952

Cars & Trucks for Sale

AFM Motor MART - 407-4200

follow us

like us

\$15,985 AFM Motor MART -

AFM Motor MART - 407-4200

\$24,985

2008 Subaru Impreza

4cyl. Auto

Loaded, Cloth,

AWD, 60,000kn

Stock #U85805

metr@

Ext Cah

6cyl, Auto, A/C,

115k kms

Loaded, Leathe

61,000kms

Stock #U86217

2010 Ford

Mustang Coupe

6cyl. 5 speed

Loaded, Cloth

Stock #U86149

13.000kms

Sunroof,

\$8,985 AFM Motor MART -



2008 Ford ıstang Convr't 6cvl. Auto. Loaded, Leather 33,000kms Stock #U86161

AFM Motor MART - 407-4200

\$23,985 AFM Motor MART - 407-4200





\$15,985

Cars & Trucks for Sale

STK# LP563675

duced to Just \$14,977 or \$69 WEEKLY

Cars & Trucks for Sale

DARTIVIOUTH -mg/ Jesp T mam Where Home Scattle Course to Save 469-9050 • DDODGE.COM



2010 Dodge Caliber SE 4 cyl, 5 speed, ac

BRAND NEW!!



Cruiser Touring 2.4l, auto, ac, cd, pw

2010 Chrysler PT

pl, pm, alloys Only 21kms

STK# CH211717 Just \$13,977 or \$79 WEEKLY 2007 Honda Civic DX

STK# 11TJ1146A



Convertible 2 7 V6 auto ac,cd,pw,pl,cm,alloys Only 21kms

2010 Sebring



Auto, ac,pw,pl Only 55kms

2007 Dodge

Only 92kms

Sante Fe

3.3L. auto, fully

equipped

Only 57kms

Only 60 kms

STK# CH171857 Just \$23,977 or \$99 WEEKLY 2006 Dodge

Caravan SE

Only 60kms

MUST BE SEEN



STK# 11GV3747A Just \$11,995 or \$69 WEEKLY

STK# 11JU2753AA Just \$11,997 or \$69 WEEKLY 2009 Hyundai



STK# CH362036A

Just \$19,995 or \$85 WEEKLY

STK# 11GV7010A Just \$19,995 or \$85 WEEKLY



Only 63kms STK# 11JU0769AA Just \$23,995 or \$95 WEEKLY

2007 Dodge Ram 1500 5.7l HEMI, 4X4. Quad Cab, new tires

STK# CH541662 Just \$17,977 or \$99 WEEKLY

GARAGE/YARD SALES

Garage/Yard Sales

Saturday June 25th 9am to 2pm 9 Spring St in Bedford

Rain date June 26th (or following wkd) all processed go to the Hospice Society. Wide variety of items. For more information about the sale or the Hospice Society call 446-0929

Garage/Yard Sales

VORLD'S LARGEST

Stock #U86139 2009 Mazda 3 sport 4cyl. Auto

OVER 150 SELLERS

Cole Harbour Place

51 Forrest Hills Parkway Dartmouth

10' x 6' Space with Table - \$26 CALL 902-463-2561 Saturday 8-2

Condos, Townhouses & **Duplexes For Sale**

HOUSEHOLD SERVICES

General Services

PAINTING SERVICES -Over 20 years exp. From fine detail trim, very straight lines, rolling and spraying. Free Estimates, Fully Insured, 902-981-5651 - 902-495-9491

1 800 527-6767

Massage/Therapists

John Panter, Certified Rolfer

Are you

tired of

chronic

pain...?



902 425 2612 • fareas

Garage/Yard Sales

Forum Flea Market

(since 1975) Windsor + Almon St. Over 200 Sellers (Over 1000 Buyers)

Sunday 9-2pm **Space Only:**

\$10 outside or \$15 inside (inside includes table)

463-1406

Condos, Townhouses & **Duplexes For Sale**





\$157,500





2112 Bauer S MI S# 00150013



#108-201 Walter Havill Dr

michael@reddoorrealty.ca

Legal

Legal IN THE MATTER OF:

REALTY

The Nova Scotia Companies Act being Chapter 81 of the Revised Statutes of Nova Scotia, 1989, and amendments thereto:

-and-

IN THE MATTER OF:

An Application by **MARIAM INVESTMENTS LIMITED** to surrender its Certificate of Incorporation.

NOTICE IS HEREBY GIVEN that MARIAM INVESTMENTS LIMITED intends to make Application to the Registrar of Joint Stock Companies for leave to surrender its Certificate of Incorporation.

DATED this day of June, 2011

Michael F. Feindel, Barrister Solicitor for MIRIAM INVESTMENTS LIMITED

CARPET

Quality Plush /Berber Will do LR & Hall fr \$389. Carpet pad & install included (25yrds) Phil, (902) 444-4766

Trades

ADANAC CONSTRUCTION Free Estimates Carpentry, Siding, Windows, Doors, Decks and Floors. We build Sheds, Garages etc. FULLY INSURED Call Stephen at 469-0536

CHIMNEY 'S RESTORED

Chimney Repair Specialist. 30 Years exp Licensed Brick Layer. Work Guaranteed! 902-462-4884

General Services

30 years Experience of home construction renovations, additions, kitchens, bathrooms, flooring, stairs, railings, crown moldings, windows, doors and trim Lyndel Munro 902-252-5238 http://users.eastlink.ca/~lvndelmunro/



TREE CUTTING SERVICES - Over 20 years exp. From full tree removal, limbing, pruning and chipping. Free estimates. Senior discounts Fully Insured. 981-5651 or 495-9491

General Services

We Spray Seal Driveways **FREE ESTIMATES** Trades

WANTED



Nova Scotia market area will be given the opportunity of having the Interlock® Roofing System installed on their home at substantia savings in return for helping us create market awareness for the purpose of neighborhood product visibility.

Interlock Roofing Sysytems are of interest to homeowners across North America who want a durable and beautiful roofing solution. nterlock needs to quickly find new areas to feature the Interlock Roofing System and is prepared to offer substantial savings to the ext 7 homeowners that qualify.

Orders will be discounted on a first come first served basis. Interlock Roofing Systems are enviromentally safe, come in many styles and colors, and are backed by a Lifetime Limited Warranty, 50 Year Transferable Non-ProRated Maritime Permanent Roofing Ltd. is one of Nova Scotia's largest installers of metal roofing systems. Tens of thousands of satisfied homevners across North America will never re roof again with Interlock Roofing System. 100% Financing Available. Please call immediatley if you are thinking of re-roofing, as this is a limited time offer.

1-877-446-4407

1-902-864-0700 MaritimeMetalRoofing.com

800 527-676

Junk Removal

Debris removal. Estate clean-ups. smal demos, unit clear-outs, basements, yard and construction - call 449-0232



ANNOUNCEMENTS

Weddings



Teresa (Robichaud) Delanev and her husband John are pleased to announce the upcoming wedding of thier son

Matthew Crawley

Tracy Alain daughter of Bonnie Alain. August 27, 2011 in Halifax.

Reception at Pier 21 "Love is like the stars you can't always se them but you know they are there.

MISCELLANEOUS

Travel & Entertainment



Add a splash to your next birthday pool o beach party, corporate event or portfolio with Raina the Halifax Mermaio http://www.rainamermaid.com find her on facebook "Raina the Halifax Mermaid"



Community Events

Offspring flown the coop?

Here's your chance to reclaim your space! Sell your stuff with us.

Place your ad in Metro classifieds metroclassifieds.ca 1 800 527-6767

Community Events

DID YOU EVER WORK IN THE UK? You may qualify for a UK pension





HERE, THERE, EVERYWHERE,

Metro. When you want it. Where you want it.



12

I':

,14

-4

Crossword

Across

- 1 Persian sprite
- 5 False god
- 9 Quilters' get-to-
- gether 12 Tied
- 13 Pond organism
- 14 Young fellow
- 15 Ceremonial greeting
- 17 Spoon-bender
- Geller 18 Soldiers
- 19 Occurrence
- 21 Yours truly
- 22 "Get lost!"
- 24 Ellen of "Juno"
- 27 Cattle call
- 28 First-rate
- 31 Mess up 32 Recede
- 33 Raw rock
- 34 Coral structure
- 36 In medias —
- 37 Winter forecast
- 38 Presbyter
- 40 The x in "2x4"
- 41 Hiawatha's craft 43 Get along some-
- how
- 47 Cage piece
- 48 Swift pooch
- 51 Oklahoma city 52 Family member
- 53 Party pooper
- 54 Has permission
- 55 Green or Rogen 56 Fill till full

Down

- 1 Saucy
- 3 Start over
- 4 1040 information

- 2 Always

- 22 Uninfluenced? 23 Corn castoffs 24 Apiece

5 Prohibits

reply

6 Matterhorn, for

7 Time of your life?

8 Procrastinator's

9 The Marcels'

biaaest hit

10 Deserve

11 Rewrite

16 Mimic

20 Cistern

- 25 Is pluralized

- 27 Unembellished 29 Expert
- 30 Stitch
- 35 Sitcom waitress 37 Churchly councils

26 Wisconsin city

r.

- 39 Impressionist
- Edgar 40 "Humbua!"
- 41 Pull an all-nighter
- 42 Verdi opera
- 43 Folklore
- 44 Emanation
- 45 Summertime pest 46 Advantage
- 49 Regret



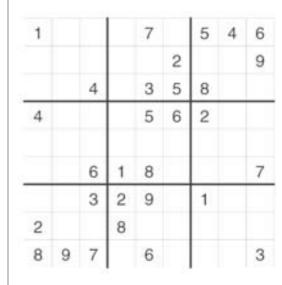
50 Tolkien tree creature

45

17



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer	\geq
--------------------	--------



Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

IFNNY! Happy 19th Birthday you old fart! =P Dont worry to much though you'll always be a youngin to me! LOVE EANUS =)

CB,, Babe, It's been almost ten years now and we've definitely had our ups and downs. Things are really beginning to settle down for us and I am so blessed to have a man like you. I love you like there is no tomorrow. XOXO KL

Zee, Babyy habibii, I love you so much and love being married to you. I love waking up 1st thing in the morning to just look at you sleeping by my side, I love the way you make me feel with you, I love spending time with you and want to spend the rest of my life with you, forever & always. My love, my life, my everything. <3 **SOUNTI**

STAY PREPARED WITH OUR MOBILE WERSITE.

@ <u>===</u>

TWN incorporates MSC data

Today's horoscope

T Aries March 21-April 20 You don't like to admit you made a mistake but you'll have no choice today as something you started last week goes spectacularly wrong. Taurus April 21-May 21 You

will have to make some serious sacrifices over the next few days. II Gemini May 22-June 21 You are not in the mood to make com-

promises and will insist that things

are done your way or not at all. Gancer June 22-July 22 Why are you running from something you fear?You should run towards it.

 Leo July 23-Aug.23 If someone is trying to muscle in on your territory, don't make a big issue of it. Ever heard of sharing?

Mr Virgo Aug. 24- Sept. 22 What happens today, tomorrow and over the weekend will change the rules of the game you are playing. ← Libra Sept. 23-Oct. 23 Always

give yourself two, or even several,

options. That is key for you. M Scorpio Oct. 24-Nov. 22 You will get the chance to make your dream come true, but it may cost

you — in more than just money.

For today's crossword answers and for expanded horoscopes, ao to metronews.ca

₹ Sagittarius Nov. 23-Dec. 21 You need to make a decision about a relationship that has been causing you sleepless nights.

V Capricorn Dec. 22-Jan. 20

You really must reward yourself with a rest. Not even a Capricorn can carry on forever.

Aquarius Jan. 21-Feb. 18 Whatever you are working on, see it through to the end.

H Pisces Feb. 19-March 20. You will be reminded today that taking too much for granted is never a good idea. SALLY BROMPTON







Write a funny caption for the image above and send it to plav@metronews.ca the winning caption will be published in tomorrow's Metro.





Las Vegas Air + 3 Nights

INCLUDES accom on the Strip

I 866 967 5402 | flightcentre.ca

Condition styly. E. Halfin, Redoit pirts on per person based on double occupants for state length of state unless other stated. Person ber or evaled by person to be expensed to the state of the state

ENDS JUNE 30TH



RIGHT NOW GET

O

FINANCING FOR UP TO

84 and



Only at O'REGAN'S HYUNDAI DARTMOUTH



BEST HYUNDAI SELECTION IN ATLANTIC CANADA



THE ALL NEW 2012 ACCENT

BEST FUEL ECONOMY IN ITS CLASS



OWN \$84

BI-WEEKLY PAYMENT



2011 ACCENT CLEAROUT OFFER ENDS JUNE 30"

NO CHARGE 7 YEAR / 120 DOD KM WARRANTY

NO DOWN PAYMENT

0% FINANCING FOR 84 MONTHS



"Model may not be exactly as shown ""White quantities lost





DARTMOUTH HYUNDAI 60 BAKER DRIVE, UNIT - D 465-7500 oreganshyundaidartmouth.com